

Lemon Basil Kale and Pork Salad

13 ingredients · 30 minutes · 4 servings



Directions

1. Prep: Mix seasonings together. Separately mix the lemon juice, balsamic, honey and mayo. Cut cherry tomatoes in half. Roughly chop kale leaves into bite-size pieces.
2. Combine tomato, 1/4 teaspoon of the seasoning mix, and about 1 tablespoon olive oil in a small bowl. Season with salt and pepper. Stir to coat. Marinate at least five minutes, stirring occasionally.
3. Place kale in a large bowl. Drizzle with about half of the creamy lemon sauce. Lightly season with salt. Massage until leaves soften. Add raisins and marinated tomato. Toss to combine.
4. Pat boneless pork chops dry with paper towels. Season with remaining herb seasoning, salt, and pepper.
5. Heat about 1 1/2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add pork to hot pan. Cook 3-4 minutes on each side, or until pork is fully cooked. Transfer pork to a cutting board. Let rest at least 3 minutes. Slice pork.
6. Divide kale salad between plates. Top with pork chops. Sprinkle with almonds. Drizzle with remaining creamy lemon sauce. Top with Parmesan. Enjoy!

Ingredients

- 1/2 cup Cherry Tomatoes (chopped)
- 4 cups Kale Leaves
- 1 tsp Lemon Pepper Seasoning
- 1 tsp Italian Seasoning
- 1 1/2 tsps Dried Basil
- 1/2 Lemon Juice
- 2 tsps White Balsamic
- 1 tbsp Raw Honey
- 1 tbsp Mayonnaise
- 1 oz Raisins
- 1 1/2 lbs Pork Chop (4 chops approx 6 oz each)
- 1 oz Sliced Almonds
- 1 tbsp Parmesan Cheese