A grilled pork chop, vegetables all in together, and lemon parmesan orzo. Salt and pepper everywhere.



Grilled Pork Chops with Sautéed Vegetables & Lemon Parmesan Orzo

The game plan

Boil the orzo, drain it, and finish with lemon and parmesan. Grill the pork chop at medium-high heat to desired doneness. Everything for the vegetables goes in together — no order, just the veg and the seasonings.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Pork chops: 2, about 8 oz each (bone-in)
- Orzo: 1 cup dry (about 6 oz)
- Lemon: 1, for zest and juice
- Parmesan: about ¼ cup grated
- Olive oil: 2 Tbsp, for the pan
- Salt and black pepper
- Red onion: 1, sliced
- Cabbage: about 4 cups chopped
- Yellow pepper: 1, sliced
- Coconut aminos: 1–2 Tbsp
- Fish sauce: 1–2 tsp
- Thyme: 1 tsp fresh (or ½ tsp dried)

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Cook the orzo

1. Boil water, cook the orzo until just tender — about 8–10 minutes — and drain it.
2. Add lemon zest and lemon juice, and parmesan.



2. Grill the pork chop

1. Grill the pork chops at medium-high heat to desired doneness — about 5–6 minutes per side, until they reach 145°F inside.
2. Rest a few minutes before serving.



3. Sauté the vegetables

1. Olive oil in the pan first, then everything goes in together — red onion, cabbage, and yellow pepper, all at once.
2. Sauté with coconut aminos, fish sauce, and thyme, until the cabbage softens — about 8–10 minutes.
3. Salt and pepper everywhere.

Serve

Chop, vegetables, and lemon parmesan orzo on one plate.

