Herb-Filled Pork Chops with Stuffed Peppers and Pineapple Salsa

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A great presentation with flavourful grilled ingredients.

Timing

Prep time	Total time	Skill level
40	65	Easy

What You'll Need

Herb Stuffing

- ¼ cup chopped dill
- ¼ cup chopped cilantro
- ½ clove of garlic, minced
- ¼ cup olive oil

Herb Stuffed Pork Chops

- Pork chops
- Herb stuffing mixture (prepared from the Herb Stuffing recipe)

Stuffed Peppers

- Mushrooms, finely chopped
- Onions, finely chopped
- Bell peppers
- Olive oil
- Salt and pepper to taste
- Mushroom onion and cheese mixture (prepared separately)

Pineapple Salsa

- ¼ cup diced pineapple
- ¼ cup diced red pepper
- ¼ cup diced orange pepper
- ¼ cup diced cucumber
- ¼ cup diced apple
- 1 teaspoon sesame oil

Directions

Herb Stuffing:

1. In a bowl, combine the chopped dill, chopped cilantro, minced garlic, and olive oil.
2. Mix the ingredients well until they are evenly distributed.
3. Allow the mixture to marinate for 10 minutes.

Herb Stuffed Pork Chops:

1. Slice incisions into the pork chops using a small sharp knife.
2. Use a small spoon to stuff the herb stuffing into the incisions. Fill the chops so they are full but not bulging.
3. Let the stuffed chops marinate for 20 minutes.

Stuffed Peppers:

1. Prepare the mushroom onion and cheese mixture by combining finely chopped mushrooms and onions in a bowl.
2. Brush the bell peppers with olive oil.
3. Brush the stuffed pork chops with olive oil and season them with salt and pepper.
4. Preheat a grill or oven-proof pan over medium-high heat.
5. Place the pork chops on the grill or pan and cook for 3-5 minutes on each side or until nicely charred (cooking time depends on the thickness of the chops).
6. Flip the chops and repeat until they reach the desired doneness or have an internal temperature of 160 degrees Fahrenheit.
7. Place the bell peppers flesh side down on the grill and cook for 3 minutes or until the edges are slightly charred.
8. Flip the peppers over and stuff them with the mushroom onion and cheese mixture. Drizzle some olive oil over the top for added flavor and moisture.

Pineapple Salsa:

1. In a bowl, combine the diced pineapple, diced red pepper, diced orange pepper, diced cucumber, and diced apple.
2. Drizzle the sesame oil over the mixture and toss well to combine.