

# Quick Pork Parmesan



## Ingredients

1 lb / 0.5 kg pork loin centre chops, boneless, well-trimmed  
½ cup / 125 mL all-purpose flour  
1 egg, slightly beaten  
2 Tbsp / 30 mL water  
1 cup / 250 mL Italian breadcrumbs  
1 Tbsp / 15 mL butter  
Canola oil for frying  
1 cup / 250 mL prepared pasta sauce, warmed  
½ cup / 125 mL shredded mozzarella cheese  
½ cup / 125 mL grated Parmesan cheese  
Chopped fresh Italian parsley for garnish  
Hot cooked pasta or gnocchi for serving

## Directions

1. Place chops between sheets of waxed or parchment paper. Using a meat mallet, rolling pin or heavy pan, pound chops until ¼-inch thick.
2. Set up 3 plates side by side. Place flour on first plate. On second plate, whisk together egg and water. Place breadcrumbs on third plate.
3. Dust chops with flour, dip into egg mixture, then coat with breadcrumbs.
4. Transfer chops to a rack; allow crumbs to dry, about 15 minutes.
5. In large, nonstick fry pan, heat butter and a small amount of oil over medium-high heat.
6. Pan-fry chops until golden brown, 3-4 minutes per side.
7. Remove chops from pan onto a clean plate. Carefully wipe pan with a wad of paper towels. Reduce heat to low and return pan to element.
8. Return chops to pan, gently pour warmed pasta sauce over chops.
9. Sprinkle with grated cheese. Cover and heat for 2-3 minutes or until cheese melts and sauce is hot.
10. Garnish chops with parsley. Serve with pasta or gnocchi.

## **Additional Info**

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4