



Grilled Pork Chops & Asparagus with Sesame Garlic Glaze

Get grilling this spring with succulent pastured pork raised outdoors.

4 servings.

Ingredients:

- 3 tablespoons soy sauce
- 1 1/2 tablespoons sesame oil or toasted sesame oil
- 1 1/2 teaspoons bottled Vietnamese-style chili garlic sauce
- 4 pork chops (5/8 inch thick)
- 1 bunch asparagus, root ends trimmed

Note:

- Important: never serve woody or mushy asparagus: [Read more here](#)
- You want your family to have a good experience with new vegetables.
- Key to grilling pork chops: avoid overcooking them. Even if you usually prefer well-done pork, aim to keep these chops slightly rare to medium, ensuring the internal temperature stays below 145 degrees. This way, the meat remains juicy and full of flavor.

Instructions:

1. Combine soy sauce, sesame oil, and chili garlic sauce in a large, deep plate or dish.
2. Place pork chops in the mixture, turning to coat all surfaces.
3. Let stand at room temperature, turning the chops occasionally, while you prepare coals in an outdoor grill to medium-high heat.
4. When coals are ready, remove the chops from the marinade and grill them until just done. 3-4 minutes per side, depending on thickness.
5. Meanwhile, grill the asparagus stalks until tender, 2 -3 minutes, basting them with the remaining marinade while they cook.
6. Serve with rice or an Asian noodle dish.