

Melissa Jo Real Recipes Pork Milanese with Arugula Salad Recipe

Total Cook Time: 30 minutes **Prep:** Prep about 15 minutes **Cook on stovetop:**
about 1--15 minutes hours **Servings:** 4-6 people **Meal:** Brunch/Lunch/Dinner

Ingredients:

- 4-6 pork loins (boneless)
- 2 cup of chopped fresh parsley (some for cooking some for garnish)
- 3 eggs
- 1 cup of flour (all purpose)
- ½ cup of italian breadcrumbs
- ½ cup of panko breadcrumbs
- 4oz of Block Parmesan or Pecorino Romano cheese (some for pork and salad)
- 1 lemon
- salt & pepper to taste
- 2 tbsp of canola or vegetable oil, 1 tsp of olive oil, 1-2 tbsp of butter (slated)

Salad:

- 4 cups of arugula and a handful of fresh basil chopped
- ½ cup of cherry tomatoes
- ¼ of a sweet onion
- ¼ cup of sliced black olives
- 1-2 oz of paper thin pecorino romano
- ½ cup of cubed mozzarella cheese

Directions:

1. Clean your pork loins, pat them dry, and make sure they are room temperature. Then use parchment paper underneath and on top of the pork loins and pound them out with a meat mallet or anything that can flatten the meat (rolling pin, muddle, bottle of wine)
2. Make an assembly line to dredge your pork chops in this order
 - a. Flour (season with salt and pepper)

- b. Eggs (whisk and add salt, pepper and pecorino romano cheese)
 - c. Both types of bread crumbs mixed with the fresh parsley and pecorino romano cheese and cracked black pepper
3. Dredge your pork loins into the mixtures above in that order while shaking off any excess from the meat after each dip and flip
 4. Set stovetop at medium-high heat and add the canola oil
 5. Brown the pork loins on each side at medium heat (about 5-7 minutes each side)
 6. Add the olive oil and butter after you flip the pork once to brown on the other side
 7. Remove once the pork loins are brown and cooked through.
 8. Prepare all of the ingredients for the salad. Add all of the ingredients and use a box grater to slice your onion and Pecorino Romano in paper thin slices.
 1. Toss the salad with a simple red wine vinaigrette
 - 1. I use olive oil, red wine vinegar, juice of $\frac{1}{2}$ lemon, salt, pepper, & a spoonful of minced garlic