

Seared Pork Cutlet with Sweet with Heat Sauce

Ingredients:

- 2 pork cutlets (about ½ inch thick)
- Dry rub spice
- 1 tbsp avocado oil
- Sweet with Heat Sauce

Instructions:

1. Season the Pork

- Pat the pork cutlets dry and generously coat both sides with the dry rub spice.

2. Pan-Fry

- Heat avocado oil in a cast iron skillet over medium-high heat.
- Heat oil until shimmering.
- Add the pork cutlets and cook for **3-4 minutes per side**, or until golden brown and crispy.
- Remove from heat once fully cooked (internal temperature of **145°F**) and let rest for 3 minutes.

3. Glaze & Serve

- Brush or drizzle the cutlets with the Sweet with Heat Sauce.
- Let the flavors meld for a minute before serving.
- Serve hot with a side of steamed broccoli and rice.

👉 **Tip: Bring raw pork cutlet to room temperature to ensure even cooking.**