

Grilled Vietnamese Pork Chops

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-vietnamese-pork-chop-recipe>

Ingredients:

- 5 pork loin chops pounded with a mallet to about 1cm thickness
- 2 stalks lemongrass about 2 tbsp, ends and inner soft part only – minced
- 2 cloves garlic minced
- 2 tablespoons brown sugar
- 1 1/2 tablespoons oyster sauce
- 1 1/2 tablespoons fish sauce
- 1 1/2 tablespoons dark soy sauce
- 2 tablespoons green onions chopped
- 1/4 teaspoon black pepper
- oil Little, for grilling pan
- Chinese parsley for garnishing, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 135 milligrams
4. Fat: 16 grams
5. Protein: 61 grams
6. SaturatedFat: 3 grams
7. Sodium: 1690 milligrams
8. Sugar: 5 grams

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