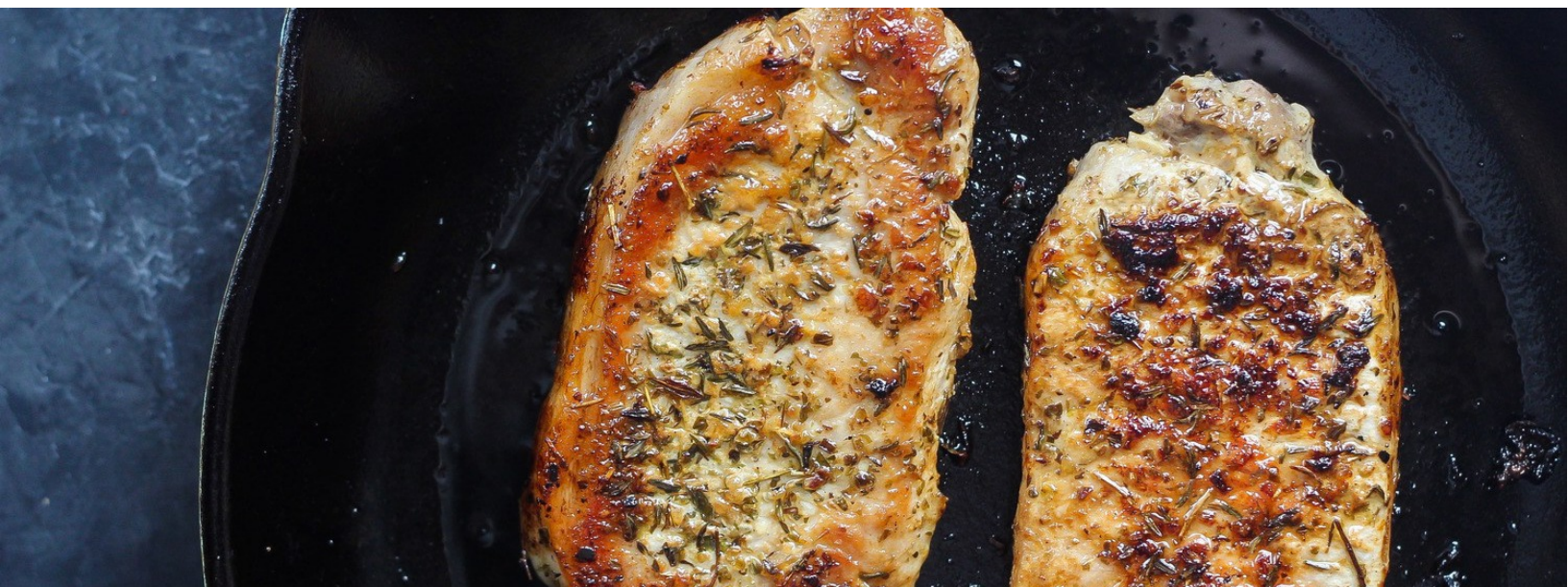


Pan Seared Pork Chops

7 ingredients · 15 minutes · 2 servings



Directions

1. Season the pork chops with oregano, thyme, garlic powder, onion powder and sea salt.
2. Heat a cast iron skillet over medium heat and add the avocado oil. Once the pan is hot, add the pork chops and cook to an internal temperature of 145°F (63°C), roughly 3 to 4 minutes per side.
3. Once cooked on both sides, remove and set aside on a plate. Allow the pork chops to rest for 5 minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it a Meal

Serve with your favorite sides, like sweet potato, a green salad and/or green beans.

No Avocado Oil

Use lard, ghee or coconut oil instead.

Ingredients

12 ozs Pork Chop (boneless)

1/2 tsp Oregano

1/8 tsp Dried Thyme

1/4 tsp Garlic Powder

1/2 tsp Onion Powder

1/8 tsp Sea Salt

1 tsp Avocado Oil