

# MEALTIME HELPER

MAKING MEALTIME EASY

## Honey Garlic Pork Chops - Recipe

**Prep time:** 10 minutes

**Cook time:** 12–15 minutes

**Total time:** 22–25 minutes

**Servings:** 4

### Ingredients

- 4 boneless pork chops (about 6–8 oz / 170–225 g each), 1/2–3/4 inch thick
- Kosher salt and freshly ground black pepper
- 2 tablespoons olive oil (or vegetable oil)
- 3 tablespoons unsalted butter
- 4 garlic cloves, minced
- 1/4 cup (60 ml) honey
- 2 tablespoons low-sodium soy sauce (or tamari)
- 1 tablespoon apple cider vinegar or rice vinegar
- 1/2 teaspoon smoked paprika (or regular paprika)
- 1/4 teaspoon crushed red pepper flakes (optional, for a touch of heat)
- 1 teaspoon Dijon mustard (optional, for balance)
- 1 tablespoon cornstarch mixed with 2 tablespoons water (slurry) — optional, for thicker glaze
- 2 tablespoons chopped fresh parsley or sliced green onions, for garnish
- Lemon wedges, for serving (optional)

### Directions

1. **Season the pork chops:** Pat chops dry with paper towels. Season both sides generously with salt, pepper, and smoked paprika. Let rest at room temperature while you prep the sauce (5–10 minutes).
2. **Preheat pan:** Heat a large skillet over medium-high heat. Add 1 tablespoon oil and swirl to coat.
3. **Sear the chops:** When the pan is hot, add the pork chops in a single layer (work in batches if needed). Sear undisturbed 3–4 minutes until a golden crust forms. Flip and sear the other side 2–3 minutes. Reduce heat to medium and

continue cooking another 2–4 minutes (depending on thickness) until internal temperature reaches 145°F (63°C). Transfer chops to a plate and tent with foil to rest.

4. **Make the honey-garlic sauce:** Reduce heat to medium-low and add the butter to the same skillet. When melted, add minced garlic and cook 30 seconds until fragrant (do not let brown). Stir in honey, soy sauce, vinegar, and Dijon (if using). Add crushed red pepper flakes if you like a little heat. Let the sauce simmer 1–2 minutes to meld flavors.
5. **Thicken the glaze (optional):** If you prefer a thicker glaze, stir the cornstarch slurry, then pour into the simmering sauce and whisk until it thickens and becomes glossy (about 1 minute). Taste and adjust seasoning.
6. **Coat the chops:** Return the rested pork chops to the skillet, spooning the glaze over them and cooking 1–2 minutes to reheat and coat evenly. Turn chops to fully glaze both sides.
7. **Finish and serve:** Remove chops to plates, spoon extra sauce over the top, and garnish with chopped parsley or sliced green onions. Serve with lemon wedges on the side if desired.

### Tips and variations

- For thicker chops, finish in a 400°F (200°C) oven for 5–8 minutes after searing, then rest before glazing.
- Add a splash of orange juice or a teaspoon of grated ginger to the sauce for extra brightness.
- Serve with mashed potatoes, steamed rice, roasted vegetables, or a simple green salad to soak up the glaze.
- Leftover glazed pork chops reheat gently in a skillet over low heat; add a splash of water if sauce tightens too much.

Sweet, garlicky, and quick — a weeknight winner that feels special with minimal fuss.