

MEALTIME HELPER

MAKING MEALTIME EASY

Honey Garlic Pork Chops - Shopping List

- Protein
 - 4 boneless pork chops (6–8 oz / 170–225 g each)
- Produce & Herbs
 - 4 garlic cloves
 - Fresh parsley or 2–3 green onions (for garnish)
 - 1 lemon (optional, for wedges)
 - Optional: 1 small piece fresh ginger (if using), or orange (for splash of juice)
- Pantry & Sauces
 - 1/4 cup (60 ml) honey
 - 2 tbsp low-sodium soy sauce (or tamari)
 - 1 tbsp apple cider vinegar or rice vinegar
 - 1 tsp Dijon mustard (optional)
 - 1 tbsp cornstarch (if you want thicker glaze)
- Oils & Fats
 - 2 tbsp olive oil or vegetable oil
 - 3 tbsp unsalted butter
- Seasonings
 - Kosher salt
 - Freshly ground black pepper
 - 1/2 tsp smoked paprika (or regular paprika)
 - 1/4 tsp crushed red pepper flakes (optional, for heat)
- Serving suggestions (optional)
 - Mashed potatoes, rice, roasted vegetables, or salad ingredients

Notes:

- Cornstarch slurry = 1 tbsp cornstarch + 2 tbsp water (mix at time of cooking).
- Adjust spice items (paprika, red pepper flakes) to taste.