

Honey Garlic Pork Chops

Serves 4 (2)

- 4 pork chops bone in or out (2)
- Salt and pepper, to season
- 1 tsp garlic powder (½ tsp)
- 2 T olive oil (1 T)
- 14 g unsalted butter (Same)
- 6 cloves garlic, minced (3 cloves)
- 85 g honey (42 g)
- 60 ml chicken broth (30 ml)
- 2 T rice wine vinegar (or apple cider vinegar, or any white vinegar) (1 T)



1. Season **pork** with **salt**, **pepper** and **garlic powder** just before cooking.
2. Heat **oil** in a skillet over **medium high heat** until hot. Sear chops on both sides until golden and cooked through (**about 4-5 minutes** each side). Transfer to a plate; set aside.
3. Reduce heat to **medium**. Melt **butter** in the same pan, scraping up any browned bits from the bottom of the pan.
4. Sauté **garlic** until fragrant (**about 30 seconds**).
5. Add the **honey**, **water** and **vinegar**. Increase heat to **medium-high** and continue to cook until the sauce reduces down and thickens slightly (**about 3-4 minutes**), while stirring occasionally.
6. Add **pork** back into the pan, baste generously with the sauce and **broil/grill for 1-2 minutes**, or until edges are slightly charred (use torch).
7. Garnish with **parsley** and serve over vegetables, rice, pasta or with a salad.

<https://cafedelites.com/easy-honey-garlic-pork-chops/#recipe>