

Butterflied Pork Chops with Garlic Herb Rub





Instructions

1. Mix olive oil, garlic, thyme, paprika, salt, and pepper into a paste. Rub all over the pork chops.
2. Let chops rest at room temperature for 20 minutes.
3. Heat a grill or skillet to medium-high. Cook chops for 3–4 minutes per side or until internal temp reaches 145°F.
4. Let rest for 5 minutes before serving.

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