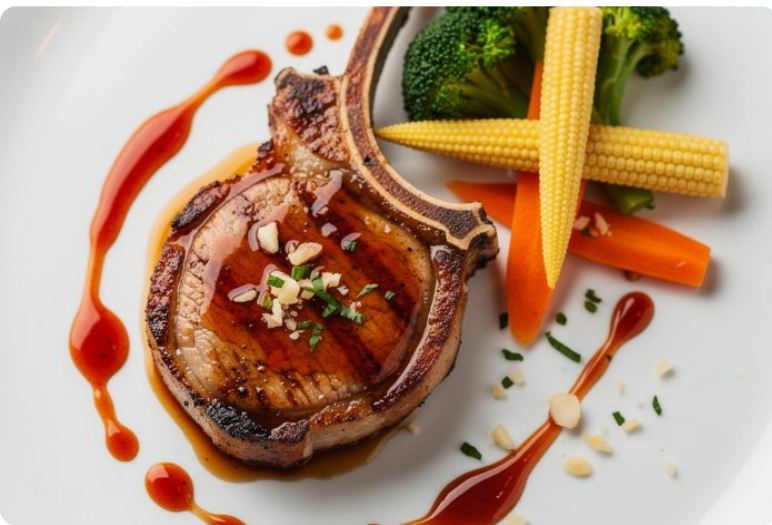


Sweet & Spicy Glazed Pork Chop

A juicy pork chop seared and coated in a luscious sweet and spicy glaze. Simple yet bold, this dish bursts with flavor and pairs well with steamed vegetables or rice.



Main Dish

20 min

Total time

Easy

Difficulty

330

kcal / serving

Ingredients

- 1 boneless pork chop (150g)
- 1 tablespoon honey
- 1 teaspoon soy sauce
- 1/2 teaspoon Sriracha (or your favorite chili sauce)
- 1 teaspoon olive oil
- 1 clove garlic, minced
- Salt and pepper, to taste

Steps

- 1 Pat the pork chop dry and season both sides with salt and pepper.
- 2 In a small bowl, mix honey, soy sauce, Sriracha, and minced garlic.
- 3 Heat olive oil in a skillet over medium-high heat.
- 4 Sear the pork chop for 2-3 minutes per side until golden brown.
- 5 Reduce heat to medium-low, pour in the glaze mixture, and cook for another 2-3 minutes, turning the pork to coat and until cooked through.
- 6 Let it rest for 2 minutes before serving. Spoon glaze from the pan over the pork.