

PAN SEARED PORK CHOP

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WHAT YOU NEED

- Large Sided Frying Pan
- Thongs
- 2+ Bone in Pork Chops, Thawed and Separated
- 2 Tbsp Butter
- A Spoon
- 1 Tbsp Olive Oil
- Baking Sheet

DIRECTIONS

- Heat oven to 350 F. Heat your frying pan over medium high heat until hot. Once hot, add oil and pork chops. Let cook on first side 4 minutes undisturbed.
- Flip your pork chops and cook another 4 minutes on second side. Once flipped, immediately add butter and start melting. 3 minutes into cooking on second side, begin spooning butter over pork chops.
- Once the second side cooked, transfer to a baking sheet and bake for 10-15 minutes or until internal temp of 170 F is reached. During that time, you can prepare other sides. Let rest 10 minutes before serving.