

EASY PAN SEARED PORK CHOPS

INGREDIENTS

- 2 pork chops - thick in size
- Italian seasoning
- Salt and pepper, to taste
- ½ tbsp. olive oil - for searing

PREPARATION

1. Pat chops dry with the paper towel and sprinkle over Italian seasoning, salt and pepper very generously.
2. Heat up your skillet to medium high and add the olive oil. Add your chops right when it's shimmering hot.
3. Sear on one side without moving at all, until they are nice and golden brown on the first side, for about 3-5 minutes. Now flip and sear the other side until browned.
4. They are done when the internal temperature reaches 135°F.
5. Remove them from the skillet and let them rest on a plate for 10 minutes.
6. Serve and enjoy!

