

# Pork Chops with Thyme and Mustard



**Plan Z Phase:** This is a Z2 (ZReduction) recipe. This is an easy and tasty meal that comes together in a jiffy. Big Yum!

**Serving Size:** Serves 2. Can easily be doubled

## **Ingredients:**

- 2 pork loin chops (6 oz each)
- 2 Tbl of fresh lemon juice
- $\frac{1}{2}$  tsp of garlic powder
- 2 Tbl of Dijon mustard
- 2 tsp of dried thyme
- salt and pepper to taste

## **Optional**

- a few garlic cloves (to roast in the pan...I love roasted garlic)

## **Instructions:**

In a small bowl mix the juice, mustard and the spices. Stir.

Preheat oven to 375 degrees.

In a cast iron pan, lightly spray surface with olive oil spray. Spray the top of your chops and brush the sprayed side with the seasoning mixture. Put the chop in the pan, flavored side down. Sear on medium high for 2 minutes. Then brush the rest of the seasoning on the top non seasoned side and turn it over. Throw in the garlic cloves so they will cook with the pork chops (optional). Transfer to your oven and roast until the chops are done to your liking. I check mine by using an instant read thermometer. When the chops reach 160 degrees they are fully cooked and no pink will remain but they will still be nice and juicy. This will take about 15 minutes depending on your oven and the chop size.

You can alternatively grill the chops to your liking, too.

You can serve with sautéed onions and a simple chopped tomato salad or with another ZReduction side of your liking.

Enjoy!

Cheers,