



Cajun Pork Chop



0.7g

Net Carbs

INGREDIENTS

- 1 tbsp Paprika
- 1/2 tsp Cumin
- 1/2 tsp Sage (Ground)
- 1/2 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 1/2 tsp Red or Cayenne Pepper
- 24 ozs raw bone-in Pork Chop
- 1/2 tbsp Unsalted Butter Stick
- 1/2 tbsp Canola Vegetable Oil

DIRECTIONS

1. Combine paprika, cumin, sage, black pepper, garlic powder and cayenne on a plate. Season chops with salt then coat with the seasoning mixture on both sides.
2. Heat butter and oil over high heat in a large skillet until very hot. Place chops in skillet, reduce heat to medium and cook 8-9 minutes, turning once halfway through cooking time.