

Juicy Oven Baked Pork Chops

PREP 30mins **COOK** 15mins **TOTAL** 45mins

Baked pork chops are a quick, healthy, and simple dinner. Our method ensures juicy, tender, and flavorful pork chops with little fuss. Use our seasoning suggestions — we especially love the roasted lemon wedges — or substitute with your favorite spice blends (we've shared some tips in the article above).

We ask you to cover the pork with foil or parchment during baking. By gently cooking the chops this way, they remain juicy and become tender.

Makes 4 servings

YOU WILL NEED

- 4 pork chops, about 1-inch thick and 6 to 7 ounces each
- Salt and freshly ground black pepper, to taste
- 1 tablespoon high-heat cooking oil like grapeseed, avocado, or vegetable oil
- 2 teaspoons fresh thyme leaves, chopped
- 1 lemon, cut into wedges
- Handful of tender herbs like parsley or dill, chopped

DIRECTIONS

DRY BRINE CHOPS

Take the pork chops out of the refrigerator and season on both sides with salt and pepper — we use just less than 1/4 teaspoon of fine salt per pork chop. Set the chops aside to rest for 30 minutes.

COOK CHOPS

Heat the oven to 375 degrees Fahrenheit (190° C).

Heat the oil in a large oven-safe skillet — such as a cast iron pan — over medium-high heat. As soon as the oil is hot and looks shimmery, pat the pork dry, and then add the pork. Cook until golden, 2 to 3 minutes. While the pork sears, scatter half of the thyme over the side of the pork chops that are facing up.

Flip the pork so that the seared side is facing up. (If there is a fattier side of the pork, use kitchen tongs to hold the chops, fat-side-down until it sizzles and browns slightly; about 30 seconds.)

Scatter the remaining thyme over the seared side of the pork. Arrange lemon wedges around the chops, and then loosely cover with foil or tuck parchment paper around the pan. Slide the skillet into the oven to finish cooking. (If you do not have an oven-safe skillet, transfer the pork chops to a baking dish.)

Bake 8 to 15 minutes or until an instant-read thermometer reads 145 degrees F when inserted into the thickest part of the chop. (Since cook time depends on the thickness of the chops, check for doneness at 5 minutes, then go from there, checking every 2 minutes.) If you do not have a thermometer, you will know they are done, if the juices run clear when cutting into the chops.

Transfer pork chops to a plate, then cover loosely with aluminum foil. Let the pork rest for 5 minutes. Serve with additional herbs, roasted lemon wedges, and a spoonful of pan juices on top.

ADAM AND JOANNE'S TIPS

- **Optional Pan Sauce:** When the pork chops are resting, place the skillet over medium-high, then add 1 cup of chicken stock, 2 teaspoons of brown sugar, maple syrup or honey, and the juice from the roasted lemon wedges into the pan. Use a wooden spoon to scrape the bottom of the pan so that any stuck bits of pork come up. Bring to a simmer and cook until reduced by half. Taste, then adjust the seasoning with salt or more sugar/honey/maple syrup. Slide the skillet off of the heat and when the sauce is no longer simmering, swirl in a tablespoon of butter.
- **Nutrition facts:** The nutrition facts provided below are estimates. We have used the USDA database to calculate approximate values.

If you make this recipe, snap a photo and hashtag it #inspiredtaste — We love to see your creations on [Instagram](#) and [Facebook](#)! Find us: [@inspiredtaste](#)



NUTRITION PER SERVING: Serving Size 1 pork chop / Calories 260 / Total Fat 10.4g / Saturated Fat 2.9g / Cholesterol 107.1mg / Sodium 689.2mg / Total Carbohydrate 1g / Dietary Fiber 0.1g / Total Sugars 0.3g / Protein 38.3g

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The full recipe post can be found on Inspired Taste here: <https://www.inspiredtaste.net/38978/oven-baked-pork-chops/>