



How to Cook the Perfect Pork Chop

A simple and easy way to cook succulent Organic pork chops

Serves: 2

Prepare: 5 Minutes

Cook: 10 Minutes

Difficulty: easy

Ingredients

- 450g [organic pork chops](#)
- 1tbsp salt
- 1tbsp pepper
- 1tbsp sage
- 3/4 sprigs rosemary
- 1tbsp thyme
- 2tbsp olive oil

Method

1. Pat the pork chops dry and season with salt, pepper, sage, rosemary and thyme, leave to one side for now
2. In a cast iron skillet pan and on a medium-high heat, fry the olive oil, rosemary and shallot onions
3. Add in the pork chops and sear on each side for 5-6 minutes or until cooked through, being careful not to move the chops around and ensuring that you also brown the fat
4. Serve with some tasty vegetables and enjoy those flavours