Chinese Five-Spice-and-Maple-Glazed Pork Chops - recipe from PorkBeInspired.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

6 New York (top loin) pork chops, 1 1/4–inch-thick

4 tablespoons olive oil

1/4 cup Chinese five spice powder

2 tablespoons sea salt

1 tablespoon black pepper, freshly ground

Glaze

1/2 stick unsalted butter

1 cup maple syrup, preferably Grade B

2 tablespoons cider vinegar

Cooking Directions:

To prepare the pork chops: Brush pork chops with the oil and season with salt and pepper. Sprinkle the five-spice powder evenly over pork chops. Place on a plate and refrigerate for at least 2 hours or overnight. Let stand at room temperature for 20 minutes before searing.

To prepare the glaze: Melt butter in medium saucepan over medium heat. Add maple syrup and vinegar and bring to a boil. Cook, stirring often, until slightly reduced, about 2 minutes. Set aside.

Preheat your oven to 350F. Add a little cooking oil to pan and heat over medium–high heat. When the

oil begins to shimmer, sear the pork chops until brown, about 3 to 5 minutes each side. Place the pan in the oven and cook until an instant-read thermometer inserted horizontally into the center of a chop reads 145ºF, about 10 to 12 minutes. During the last 3 minutes, reheat the maple sauce and brush both sides of the chops until well glazed. Remove from pan from the oven and let stand for 3 minutes.

Serve chops along with Asian Pear and Cucumber Slaw on 6 dinner plates.

Makes 6 servings

Nutrition per serving (pork chop)

Nutrition:

Calories: 460 calories

Protein: 16 grams

Fat: 27 grams

Sodium: 1460 milligrams

Cholesterol: 75 milligrams

Saturated Fat: 9 grams

Carbohydrates: 41 grams

Fiber: 0 grams