INGREDIENTS

Pork Chop

2 pork chops (2-4cm thick)

½ tsp garlic powder

1 tsp paprika

½ teaspoons salt

fresh ground black pepper to taste

½ tsp onion powder

1 tbsp olive oil

150g green beans

4 stems broccolini

INSTRUCTIONS

1) Preheat air fryer to 200°C for 5 mins.

2) Rinse and pat dry pork chops.

3) Remove skin, puncture holes, salt, and air fry at 180°C for 20 mins for crackling.

4) Mix dry spices.

5) Coat chops with olive oil and rub in spices.

6) Air fry chops at 200°C for 12–14 mins, flipping halfway.

7) Blanch greens, then drizzle with oil and salt.

8) Cook for 5 mins until blistered.

Pork Chop

with Blistered Greens

2 servings 25 Minutes

Juicy pork chops with crispy crackling paired with blistered greens create a flavorful, satisfying meal that's easy to prepare. Enjoy!