



EVERYTHING
Herbal

— by Cheryl Jabz —

Garlic Rosemary HERB PORK CHOPS

SAVORY • JUICY • HERB-INFUSED

A savory, juicy pork chop recipe infused with fresh herbs, garlic, and butter. This dish pairs beautifully with roasted vegetables, mashed potatoes, or a crisp garden salad.



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INGREDIENTS:

Serves 4

PORK CHOPS

- 4 bone-in pork chops (about 1 inch thick)
- 2 tablespoons olive oil
- 1 tablespoon butter
- 4 garlic cloves, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- 1 teaspoon fresh parsley, chopped
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ¼ teaspoon onion powder

OPTIONAL PAN SAUCE

- ¼ cup chicken broth
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice



INSTRUCTIONS:

- 1 Season the Pork**
Pat the pork chops dry with paper towels. Mix salt, pepper, paprika, and onion powder together. Rub seasoning evenly over both sides of the pork chops.
- 2 Sear the Pork Chops**
Heat olive oil in a large skillet over medium-high heat. Add pork chops and cook: 4–5 minutes on the first side, 3–4 minutes on the second side. They should develop a golden-brown crust.
- 3 Add Herbs and Garlic**
Reduce heat to medium-low. Add butter, minced garlic, rosemary, and thyme. Spoon the melted herb butter over the pork chops for 1–2 minutes until fragrant and the pork reaches 145°F internally.
- 4 Make the Optional Sauce**
Remove pork chops and let rest 5 minutes. In the same skillet add: chicken broth, Dijon mustard, lemon juice. Simmer 2 minutes, scraping up browned bits from the pan. Pour sauce over pork chops and sprinkle with parsley.



SERVE WITH:

Roasted garlic potatoes ~ Herb rice pilaf ~ Green beans ~ Honey glazed carrots ~ Buttered corn.

HERB VARIATIONS

- TUSCAN HERB PORK CHOPS**
Use: basil ~ oregano ~ parsley
Add sun-dried tomatoes to the pan sauce.
- LEMON HERB PORK CHOPS**
Add: lemon zest ~ extra thyme ~ fresh dill.
- SMOKY HERB PORK CHOPS**
Add: smoked paprika ~ sage ~ a pinch of cayenne.



HELPFUL TIPS

Bone-in pork chops stay juicier than boneless. Letting the meat rest keeps the juices inside. Fresh herbs give the best flavor, but dried herbs can work: Use 1 teaspoon dried herbs for every tablespoon fresh.



STORAGE:

Refrigerate up to 3 days.
Reheat gently in a skillet with a splash of broth to keep moist.

Real Food



Real Herbs



Real Life

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