

air fryer pork chops

MAKES 2 servings

RECIPE ADAPTED FROM: [Recipe Teacher](#)

PREP TIME: 5 minutes

COOK TIME: 15 minutes

2 pork chops (bone-in or boneless, 1 ½-2 inches thick)

1 Tbsp paprika

¼ tsp salt

½-1 ½ tsp fresh ground black pepper

½ tsp onion powder

¼ tsp garlic powder

1 tsp stone ground mustard

1-2 tsp pure maple syrup

1-2 tsp avocado oil



PREHEAT air fryer to 400°F for 5 minutes.

MIX together dry ingredients in a small bowl.

COAT pork chops with mustard, maple syrup, and oil.

RUB dry ingredients into pork chops.

PLACE pork chops in the air fryer in a single layer.

COOK for 12-15 minutes, flipping pork chops after 6-7 minutes. Pork chops are done when they just hit 145°F on an instant read thermometer at their thickest point.

You can substitute brown sugar in place of maple syrup if you prefer. If using brown sugar, mix in with other dry ingredients.

If you don't have an air fryer, cook chops on a lined baking sheet in a 400°F oven for 15-20 minutes or until done.