

Thai Pork Chops

4 servings

40 minutes

4 boneless pork loin chops about 3/4 to 1 inch thick

1/4 cup soy sauce

1 tablespoon dried parsley

3 cloves garlic, crushed (about 3 tablespoons)

3 tablespoons brown sugar

1 tablespoon vegetable oil

Juice of one whole lime

Whisk together the soy sauce, parsley, garlic, brown sugar, vegetable oil and lime juice in a bowl.

In a large baking dish, arrange the pork chops in an even layer. Pour the marinade over the pork chops, reserving about 1/4 cup of the marinade in the refrigerator for later use. Marinate the pork chops for 20 to 30 minutes.

Heat an indoor grill pan or outdoor grill to medium high heat. Remove pork chops from the marinade, discarding the excess marinade. Place pork chops on the hot grill for 4 minutes on each side, flipping once, until the internal temperature of the pork measures between 145 F (medium rare) and 160 F (medium) on a meat thermometer.

Transfer the grilled pork chops to a cutting board and let rest for 3 minutes before slicing against the grain. Pour the reserved marinade over the sliced pork before serving.