

# CITRUS MARINATED PORK CHOPS

**PREP TIME**  
30 MINS

**TOTAL TIME**  
55 MINS

**YIELD**  
4 SERVINGS

## INGREDIENTS

- Juice of 2 limes
- Juice of 2 oranges
- 1 1/2 tbsps balsamic vinegar
- 1 tbsp Dijon mustard
- 2-3 garlic cloves, crushed
- 2-3 springs fresh thyme, or 1/2 tsp dried thyme
- 1/2 tsp salt
- 1 tsp cracked black pepper
- 4 centre-cut pork chops, 1-inch thick
- 1 tbsp plus 1 tsp olive oil
- 1 tbsp unsalted butter

In a large, nonreactive bowl, combine all ingredients except the 1 tsp olive oil, pork chops, and butter; mix well. Add chops, and spoon marinade over them to coat. Marinate for at least 30 minutes.

Heat a heavy skillet over medium heat for 2 minutes. Remove chops from marinade, reserving marinade. Brush pan with the tsp of oil; cook chops for 5 minutes on each side. Add marinade, lower heat, and cook, covered, for 7 minutes, turning chops once.

Remove chops from pan, and set aside. Turn up heat to medium heat; reduce liquid until thick. Remove from heat, stir in butter, and strain. Pour sauce over chops; serve immediately.

