

Day 3 – Quick Jerk Rubbed Pork Chops – Cat Cora



Ingredients:

Serves 4

- 4 pork loin chops , thin cut
- 1 lime , juiced and zested
- 2 Tbsp. preferred Caribbean jerk seasoning
- 1 Tbsp. olive oil
- Lime wedges
- Fresh cilantro sprigs

In small bowl, mix lime zest and lime juice with jerk seasons and oil. Rub both sides of pork chops well with mixture and set aside to marinate for at least 30 minutes.

Place pork chops on hot grill set to medium-high heat, and cook for 10 to 12 minutes, running over once until brown on the outside and slightly pink inside.

Remove from heat, garnish with lime edges and cilantro and serve immediately.