Garlic-Infused Grilled Pork Chops with Sautéed Spinach

Tender grilled pork chops paired with garlicky sautéed spinach for a low-carb, high-protein meal perfect for beginners.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 boneless pork chops (6 oz each)
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 cups fresh spinach
- 3 cloves garlic, minced
- 1 tablespoon butter
- 1/2 teaspoon red pepper flakes (optional)
- Lemon wedge for serving

Instructions

1. Preheat the grill pan or stovetop skillet over medium-high heat.
2. Brush pork chops with olive oil and season with smoked paprika, salt, and black pepper.
3. Place pork chops on the hot grill pan; cook for 4-5 minutes per side until internal temperature reaches 145°F.
4. While pork cooks, heat a separate skillet over medium heat and melt butter.
5. Add minced garlic and sauté for 1 minute until fragrant.
6. Add fresh spinach and red pepper flakes (if using); cook, stirring, until spinach wilts, about 2-3 minutes.
7. Remove pork chops from heat and let rest for 3 minutes.
8. Serve pork chops with sautéed spinach and a lemon wedge on the side.

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