Garlic Pork Chops with Sautéed Green Beans

Juicy pork chops pan-seared to perfection paired with crisp green beans sautéed in garlic for a quick, low-carb meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 boneless pork chops (6 oz each)
- 1/2 lb fresh green beans, trimmed
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp butter
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika
- 1/4 tsp red pepper flakes (optional)
- Lemon wedge (optional, for garnish)

Instructions

1. Pat pork chops dry and season both sides with salt, black pepper, and smoked paprika.
2. Heat olive oil in a large skillet over medium-high heat.
3. Add pork chops and sear for 3-4 minutes per side or until golden brown and cooked through. Remove from skillet and keep warm.
4. In the same skillet, reduce heat to medium and add butter.
5. Add garlic and sauté for 30 seconds until fragrant.
6. Add green beans, salt, and red pepper flakes if using; sauté for 5-7 minutes, stirring frequently until beans are tender-crisp.
7. Return pork chops to skillet for 1 minute to warm with beans.
8. Serve pork chops topped with green beans and a squeeze of lemon juice if desired.

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