



Pork Chops with sweet Habanero

Ingredients

- 4 thin boneless pork chops (about $\frac{1}{2}$ inch thick, $\sim 1\frac{1}{2}$ lbs total)
- $1\frac{1}{2}$ tsp paprika
- Salt, to taste
- $\frac{1}{4}$ cup neutral oil (like grapeseed or canola), divided
- 4 medium carrots, thinly sliced
- 1 lime (zest and juice)
- 2 habanero chiles, halved and seeded
- $\frac{1}{4}$ cup honey
- Fresh chopped cilantro, for garnish

Instructions

1. Season the Pork

Pat pork chops dry. Rub with paprika and a generous pinch of salt. Set aside.

2. Cook the Carrots

In a large cast-iron or heavy skillet, heat 2 tbsp of oil over medium-high. Add carrots, season with salt, and sauté until tender-crisp and slightly charred (3–5 minutes). Transfer to a plate and zest the lime over them. Halve the lime.

3. Sear the Pork & Chiles

In the same skillet, heat remaining 2 tbsp oil over medium-high. Add the pork and habanero halves. Press down gently with tongs to prevent curling. Sear until golden brown (3–4 minutes), flip, and cook until just firm to the touch (1–3 minutes more). Transfer pork to the plate, leaving chiles in the pan.

4. Make the Glaze

Lower heat to medium-low. Add honey and juice from half the lime to the skillet. Stir constantly until the mixture thickens and darkens slightly, like maple syrup (1–3 minutes).

5. Finish the Dish

Return pork, carrots, and any juices to the skillet. Toss to coat everything in the glossy glaze.

6. Serve

Garnish with chopped cilantro. Serve over creamy mashed potatoes, grits, or rice.