

MAINS

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PAPRIKA-RUBBED PORK CHOPS

Three boneless chops get a moderate paprika rub, between a heavy spice coat and a bare one, and cook at a middle heat. A short rest keeps the juices in the meat.

SERVES	HANDS-ON	TOTAL
3	8 min	25 min

GLUTEN-FREE SHOPPING CHECK

Buy each of these with a gluten-free label.

- [ ] paprika
- [ ] garlic powder
- [ ] onion powder
- [ ] Italian seasoning
- [ ] black pepper
- [ ] Cooking spray

Paprika-Rubbed Pork Chops

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SERVES	HANDS-ON	COOK	TOTAL	SETTING
3	8 min	14 min	25 min	390 F (199 C)

Season the chops while the basket heats, so the preheat sits inside the hands-on minutes.

INGREDIENTS

- 1 lb (454 g) boneless pork chops, about 3/4 inch thick
- 2 tsp (10 ml) olive oil
- 1/2 tsp (3 g) kosher salt
- 1/2 tsp (1 g) paprika labeled gluten-free
- 1/2 tsp (1.5 g) garlic powder labeled gluten-free
- 1/2 tsp (1.5 g) onion powder labeled gluten-free
- 1/4 tsp (0.3 g) Italian seasoning labeled gluten-free
- 1/4 tsp (0.5 g) black pepper labeled gluten-free
- Cooking spray labeled gluten-free

> **Gluten-free:** Written so a reader with celiac disease can cook it when every packaged ingredient is one whose label says gluten-free. Read the package you actually buy. This page does not promise a meal with zero gluten.

METHOD

1. Heat the air fryer to 390 F (199 C). If your model wants a head start, give it a few minutes while you season. Pat the chops dry.
2. Stir the paprika and the onion powder with the garlic powder, Italian seasoning, salt, and black pepper.
3. Rub the oil over both sides of the chops, then press the spice mix onto the meat, including the edges.
4. Mist the basket with cooking spray. Lay the chops in one layer with a gap between them so air can move. A smaller basket means a second round.
5. Cook 7 minutes, turn each chop, then cook up to 7 minutes more, checking from the 8 minute mark. Take each chop out as soon as its center reads 145 F (63 C).
6. Move the chops to a plate and rest them 3 minutes, then serve. Leaving them in the hot basket keeps them cooking.

NOTES

- Thickness changes the clock. A chop closer to 1/2 inch may finish a minute or two early; a thick chop may need 2 more minutes. Trust 145 F (63 C), then rest.
- The oil helps the spices stick. Skip it only if you would rather have a drier surface, and still use the cooking spray on the basket.
- Models vary. Crowded chops steam, so keep them in a single layer even if that means two rounds.