

Easy Air Fryer Pork Chops (Keto, Paleo, W30)

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Servings: 4

Ingredients

- 8 oz pork chops (four) bone-in center-cut , or boneless (see recipe notes)
- 1 tsp olive oil
- Pork Chop Seasoning
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Steps

1. Preheat your air fryer to 380°F.
2. Brush both sides of pork chop with a little olive oil.
3. Mix the pork seasonings together in a bowl (this is enough for four pork chops) and apply to both sides of the pork chop.
4. Place pork chop in air fryer and cook for between 9-12 minutes, turning the chop over halfway, until it reaches a minimum temp of 145°F (exact cook time will vary depending on thickness of pork and your model of air fryer)

