

Cast Iron Pork Chops with Roasted Cabbage

Serves 2 • Prep 10 min • Cook 25–30 min

Ingredients

- 2 thick-cut bone-in pork chops
- 1 tbsp olive/avocado oil
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp dried thyme
- 1 tbsp butter
- 2 garlic cloves
- Fresh thyme/rosemary
- ½ large green cabbage
- 1½ tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika
- 1 tbsp butter

Method

1. Heat oven to 220°C. Cut cabbage into wedges and coat with oil, salt, pepper, garlic and paprika. Roast 20–25 min, turning halfway.
2. Heat a cast-iron skillet until very hot. Season pork with paprika, garlic, thyme, salt and pepper.
3. Sear pork 3–4 min per side. Add butter, garlic and herbs; baste until cooked to about 63°C internal temperature.
4. Rest pork 5 min and serve with caramelised cabbage. Optional: make a quick Dijon pan sauce.

Nutrition / Recipe Notes

~550–650 kcal • 45–55g protein • 30–40g fat • 10–12g net carbs

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.