

BBQ Pork Chops



This quick and easy summer recipe is sure to please your guests with a nice alternative from the famous BBQ sauce. Serve the chops with [BBQ vegetables packets](#) for a delicious, complete and nutritious meal!

Preparation 20 min

Cooking 16 min

Servings 4

Nutrition Facts (per serving)

Calories 220

Fat 4

Carbohydrates 9

Fibre 0

Protein 28

Sodium 190

Ingredients

- 60 ml (¼ cup) Dijon mustard
- 15 ml (1 tbsp) lemon juice
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) curry powder
- 1 ml (¼ tsp) garlic powder
- 1 ml (¼ tsp) chili powder

- 1 ml (¼ tsp) onion powder
 - 1 ml (¼ tsp) dried oregano
 - Salt and pepper to taste
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- 4 pork chops (approx. 450 g (1 lb))

Preparation

1. In a medium bowl, combine all ingredients except the pork chops.
2. Brush both sides of the pork chops generously with the marinade and let stand in the refrigerator for 10 to 15 minutes.
3. Meanwhile, preheat the barbecue to medium-high heat.
4. Cook pork chops on a hot grill over direct heat for 6 to 8 minutes on each side, or until golden brown and cooked through.
5. Cover with aluminum foil and let stand a few minutes before serving.

Notes

Keep for 4 days in the refrigerator or freeze for up to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City