

Easy Air Fryer Pork Chops



Juicy on the inside and golden-crispy on the outside, these air fryer pork chops deliver everything you love about a pan-seared chop in a fraction of the time — and with far less mess. They develop a beautifully caramelized crust with minimal oil, making them a lighter weeknight option that doesn't sacrifice flavour. A recipe our dietitians love to recommend when you're craving something comforting yet balanced. Serve them with our [seasoned roasted potatoes](#) and [fattoush salad](#) for a complete and satisfying meal.

Preparation 15 min

Cooking 14 min

Servings 4

Nutrition Facts (per serving)

Calories 215

Fat 13

Carbohydrates 4

Fibre 0

Protein 21

Sodium 430

Ingredients

- 15 ml (1 tbsp) brown sugar
- 15 ml (1 tbsp) onion powder
- 10 ml (2 tsp) paprika

- 2.5 ml (½ tsp) salt
- 4 pork chops (~ 120 g each)
- 30 ml (2 tbsp) olive oil

Preparation

1. Preheat the air fryer to 400°F (200°C) for 3–5 minutes
2. In a small bowl, mix together the brown sugar, onion powder, paprika, garlic powder and salt.
3. Pat the 4 pork chops dry with a paper towel. Brush both sides with olive oil, then rub the spice mixture evenly over both sides of each chop.
4. Place the pork chops in a single layer in the air fryer basket without overlapping. Cook at 400°F (200°C) for 12 to 14 minutes, flipping halfway through cooking, until golden and the internal temperature reaches 145°F (63°C).*
5. Remove from the air fryer and let rest for 3–5 minutes before serving.

Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer.

*Bone-in chops may need 1 to 2 extra minutes of cooking time. Avoid overcrowding the basket; cook in batches if needed. For extra flavour, marinate the seasoned pork chops in the refrigerator for up to 1 hour before cooking. Serve with roasted vegetables, salad or potatoes.



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