



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	24 min

GLUTEN-FREE SHOPPING CHECK

Buy each of these with a gluten-free label.

- | | |
|--|--|
| ☐ paprika | ☐ Italian seasoning |
| ☐ garlic powder | ☐ Cooking spray |
| ☐ onion powder | |

Paprika-Rubbed Pork Chops

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SERVES	HANDS-ON	COOK	TOTAL	SETTING
3	8 min	14 min	24 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

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, and cook 7 minutes more. The center is done at 145 F (63 C).
6. Leave the chops in the basket for 2 minutes, then serve.

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.