

# Quick & Crispy Pork Chops



## Ingredients

½ cup / 125 mL milk  
1 egg  
1 Tbsp / 15 mL light soy sauce  
1 Tbsp / 15 mL canola oil  
6 pork loin centre chops, boneless, fast-fry

### Breading:

1 cup / 250 mL flour  
½ cup / 125 mL panko breadcrumbs  
1 Tbsp / 15 mL salt  
2 tsp / 10 mL dried oregano leaves  
1 tsp / 5 mL dried thyme leaves  
½ tsp / 2 mL EACH ground black pepper, cayenne pepper, ground cumin, garlic powder and paprika

## Directions

1. In small bowl, whisk together milk, egg, and soy sauce. Set aside.
2. In shallow container, combine breading ingredients until well-blended.
3. Dip chops in egg wash, then coat with breading.
4. Transfer chops to a rack. Allow breading to dry, about 15 minutes.
5. In nonstick skillet, heat oil over medium-high heat.
6. Cook chops 4-5 minutes per side or until crispy and golden brown; do not overcook.

## Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4-6