

# Honey-Habanero Pork Chops With Carrots

By Ali Slagle

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**Total Time** 25 minutes

**Prep Time** 5 minutes

**Cook Time** 20 minutes

**Rating** ★★★★★ (346)



Armando Rafael for The New York Times. Food Stylist: Simon Andrews.

In this sweet-and-spicy skillet dinner, lean boneless pork chops and carrots are glossed in a simple yet impactful trio of honey, habanero chiles and lime. The combination of ingredients is classic throughout the [Yucatán](#), like in [cochinita pibil](#), for a reason. Habanero chiles and honey are hot and sweet, sure, but they're also upbeat, floral and fruity. Charring the chiles alongside the pork adds a hint of smokiness, while lime zest and juice add even more high notes. Eat on top of grits or mashed potatoes.

## INGREDIENTS

**Yield:** 4 servings

4 thin (½-inch) boneless pork chops (about 1½ pounds total)

1½ teaspoons paprika

Salt

¼ cup neutral oil, such as grapeseed

4 medium carrots, thinly sliced

1 lime

2 habanero chiles, halved and seeded

¼ cup honey

Chopped cilantro, for serving

## PREPARATION

### Step 1

Pat the pork dry and season all over with the paprika and a big pinch of salt. Set aside.

### Step 2

Heat 2 tablespoons oil in a large cast-iron skillet over medium-high. Add the carrots, season with salt and stir occasionally until crisp-tender and charred in spots, 3 to 5 minutes. Turn off the heat. Scrape the carrots onto a plate and zest the lime over the top. Cut the lime in half.

### Step 3

Heat the remaining 2 tablespoons oil in the skillet over medium-high. Add the pork and the chiles. Cook, pressing the meat with tongs to prevent buckling, until browned, 3 to 4 minutes. Flip and cook until firm to the touch, 1 to 3 minutes. Transfer the pork to the plate (leave the chiles in the skillet).

### Step 4

Reduce the heat to medium-low and add the honey and juice from half the lime. Stir constantly until thickened and dark like maple syrup, 1 to 3 minutes. Turn off the heat, add the pork, carrots and any resting juices back to the skillet. Turn to coat in the glaze. Serve sprinkled with the cilantro.

## Private Notes

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