



Grilled Lamb Chops with Mint Sauce



Servings: 4
Total Time: 45 mins
Cooking Time: 15 mins
Resting Time: 15 mins (to marinate)
 5 mins (to relax)



METHOD

For the Mint Sauce

Mix all the Mint Sauce ingredients together well in a small bowl or jar.

For the Lamb Chops

In a deep roasting dish, mix together the olive oil, spices, garlic & Worcester sauce.

Add the chops to the dish coating each chop well. Marinade for at least 15 mins.

Stand the chops fat-side up leaning at a 45° angle against the side of the dish & grill for 5 mins. Flip the chops against the other side of the dish, still keeping the fat-side up, and grill the other side for 5 mins.

Flip the chops once more exposing any overly pink parts and grill until slightly pink on the inside or to the desired *Meat Doneness** for steaks (or chops!).

Remove from oven and rest in the hot dish for at least 5 mins.

Pre-heat Oven to Grill

INGREDIENTS

8 thick lamb loin chops (best quality!)

For the Lamb Chop Marinade

6 Tbsp light olive oil

1 tsp rosemary & olive seasoning

1 tsp green onion seasoning

1 tsp barbeque spice

1 tsp finely chopped garlic

1 tsp Worcester sauce

For the Mint Sauce

4 Tbsp freshly chopped mint leaves

2 pinches of salt

3 Tbsp red wine vinegar

1 Tbsp hot water



SERVING SUGGESTION

Serve with *Perfect Roast Potatoes** and *Chopped Salad with Blue Cheese Dressing**.

Place 2 chops onto each plate, drizzle with the dish juices & serve with mint sauce.

