

Greek lamb chops



9 lamb chops, visible fat removed

for the marinade:

25g butter, softened

2 tsps dried oregano

3 garlic cloves, minced

1 tsp dried parsley

1 tsp sea salt

½ tsp freshly ground black pepper

for the garnish:

a sprinkle of fresh parsley, chopped

SERVES 3

Serving suggestion:

Serve with steamed rice and salad or steamed vegetables



PER SERVING:

721 Calories

2g Carbs

50g Protein

57g Fat

Pat the lamb chops dry using kitchen roll.

Place the marinade ingredients in a wide-based bowl and stir well. Add the lamb.

Rub the marinade into the lamb chops. Cover and refrigerate for 30 minutes or longer if time. Allow the lamb chops to rest for 10 minutes at room temperature before cooking.

Place a large frying pan over a medium heat. Add the lamb chops and fry for 3 minutes on each side for medium cooked. Cook for a little less time if you prefer medium/rare, or a little longer if you prefer well done.

Allow the lamb chops to rest for 5 minutes before serving. Serve garnished with parsley.

Store any leftover cooked lamb chops in an airtight container and refrigerate for up to 2 days. Any uncooked lamb chops can be frozen on the same day.

