



Garlicky Herb Lamb Chops

What you Need:

- 2 lbs of Lamb Chops, fat trimmed
- Salt and freshly ground pepper
- Pinch of dried thyme
- 3 tablespoons extra-virgin olive oil
- 10 small garlic cloves, halved
- 3 tablespoons water
- 2 tablespoons fresh lemon juice
- 2 tablespoons minced parsley
- Pinch of crushed red pepper

What you do:

1. Season the lamb with salt and pepper and sprinkle lightly with thyme. In a very large skillet, heat the olive oil. Add the chops and garlic and cook over moderately high heat until the chops are browned on the bottom, about 3 minutes. Turn the chops and garlic and cook until the chops are browned, about 3 minutes longer for medium meat. Transfer the chops to plates, leaving the garlic in the skillet.
2. Add the water, lemon juice, parsley and crushed red pepper to the pan and cook, scraping up any browned bits stuck to the bottom, until sizzling, about 1 minute. Pour the garlic and pan sauce over the lamb chops and serve immediately.

A thought:

I used the pan sauce over both the lamb and my roasted veggies SOO GOOD!