

# Lamb Chops with Mint Sauce

## Ingredients

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- 1 Rack of Lamb (cut into chops)
- 1/2 c Mint Leaves
- 1/2 c Parsley (chopped)
- 1/2 T Red Wine Vinegar
- 1/2 Lemon
- 1 clv Garlic (crushed)
- 1/8 t Red Pepper Flakes
- 1/4 c Olive Oil
- 1/4 t Salt

## Instructions

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1. In a small food processor, combine the mint leaves, parsley, and vinegar. Add the lemon zest from half the lemon and 1 1/2 tablespoons of lemon juice, garlic, salt, and red pepper flakes.
2. Pulse until the mint marinade is well-combined, then drizzle in olive oil and puree until smooth. Taste for seasoning and add more salt, as needed.
3. Place the lamb rib chops in a shallow baking dish and pour 1/3 cup of mint sauce on top. With your hands, make sure every nook and cranny of the chops are coated in the mint marinade. Cover and transfer to the fridge to sit overnight.
4. Heat a grill pan over medium-high heat and spray with cooking spray. Season both sides of the chops with a dash of salt.
5. Grill the marinated lamb chops in batches for 2

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to 3 minutes per side for medium rare (depending on the thickness of your rib chops – if thicker than an inch, cook longer). Remove the lamb chops to a platter.

6. Serve the lamb chops with the remaining mint sauce drizzled on top or on the side.