



## Lamb Chops with Parsley Mint Sauce

The mint sauce adds a wonderful flavor the lamb chop and can be made ahead of time then refrigerated. Be sure to remove the mint sauce about 30 minutes before serving so it can be brought to room temperature.



**Prep:** 10 min    **Cook:** 10min    **Total:** 20min    **Servings:** 4-6

### Ingredients

#### INGREDIENTS

8-12 lamb chops  
4T extra virgin olive oil  
Salt & fresh pepper to taste

#### Parsley Mint Sauce

Handful of fresh mint leaves  
2 handfuls of parsley  
2T capers  
8 tinned anchovies (or equiv  
in paste)  
6T extra virgin olive oil  
2-4T fresh squeezed lemon  
juice  
salt/pepper to taste

### Directions

- Mint Sauce: combine all ingredients together in food processor or blender. Puree and set aside.
- Heat up frying pan or griddle. While heating, drizzle lamb chops with olive oil and salt/pepper
- Place in hot pan and cook 2-4 minutes on each side until just pink in the center
- Serve immediately, drizzling a little sauce on top.