



GREEK LAMB CHOPS

Prep: 35 mins

Total: 50 mins

Serves: 4 ppl

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Ingredients

1/4 Cup Olive Oil
Juice of 1 lemon (about 1/4 cup lemon juice)
2 tsp Dried Oregano or 1/2 cup chopped fresh
4 Cloves Garlic Minced
1 tsp Salt
1/2 tsp Freshly Ground black pepper
8 Aloes Meats Lamb Chops
1 tbsp Olive Oil for cooking

Method

1. Using paper towels, pat dry chops and discard any shards or bone fragments. Mix all of the ingredients together in a small jug or bowl.
2. Arrange lamb chops in a large baking dish or on a large plate, and pour the marinade all over the lamb, rubbing it into the meat. Cover with plastic wrap and marinate for half an hour, or for a deeper flavour, marinate overnight in the refrigerator, turning the chops from time to time (before cooking, let lamb chops sit at room temp for 30 minutes).
3. Heat oil in a pan (cast iron preferably or grill plates) over high heat until just starting to smoke. Fry or grill lamb in 2 batches for 3-4 minutes each side, depending on thickness until done to your liking. (Usually, at 3 minutes per side they are medium, and at 4 minutes they are medium-well.)
4. Let rest for 5 minutes before serving.
5. Sprinkle with a little extra dried oregano for added flavour and a little extra lemon juice

For left over marinade: reduce heat down to medium-low leaving any leftover drippings in the pan. When pan has lowered in heat, pour in the leftover marinade along with 1 tbs of butter and 1/4 cup beef broth. Bring to a simmer and allow to cook for at least 5 minutes. Stir in a tablespoon of lemon juice and serve with the lamb.

