

Eat Happy Kitchen
Anna Vocino

HERB ROASTED LAMB CHOPS

(Serves 4–6)

INGREDIENTS:

- 2 pounds lamb loin chops
- Salt and pepper
- 1 tablespoon minced fresh rosemary
- 4 garlic cloves, minced
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon dried oregano
- 2 tablespoons olive oil

INSTRUCTIONS:

Preheat oven to 400 degrees.

Place chops in a foil-lined or parchment-lined baking dish or tray. Generously salt and pepper both sides of each chop. Combine rosemary, garlic, thyme, oregano, and olive oil in a small mixing bowl to make a paste. Rub each side of each chop with the paste.

Heat up a sauté pan to medium high heat. Add chops and brown 1-2 minutes per side. Return chops to baking dish, scraping any remnants of herbs from the sauté pan and pouring over the lamb chops.

Bake in oven 20–25 minutes for medium rare to medium doneness. Serve!

