



Seasoned Lamb Chops

A quick easy way to introduce some extra flavour to lamb chops

Serves : 4

Preparation Time : 5 minutes, plus marinating time

Cooking Time : 15 minutes

Ingredients

4 (or 8) lamb chops (depending on their size)

Herbs & Spices

4 (or 8 tsp) Lamb Seasoning

Cooking Instructions

Rub the seasoning into both sides of the lamb chops and leave to marinate for as long as possible (within reason!!). Try for at least 20 minutes.

Place the lamb chops under a pre-heated grill or on the barbecue. Cook for 6 minutes on each side or until the lamb is cooked to your taste. Brush with a little oil, if the meat starts to dry (especially if your chops are particularly lean).