

How to cook [Lamb Chops](#)

Preparation: Brush the chops with 1-2 tbsp oil and season.

Method 1: Pan-frying

Sear fat-side down in a hot pan until golden and some of the fat has rendered out.

Fry on both sides for 2-5 mins until cooked to your liking.

Press down to get a good crust on the lamb chops.

Method 2. Grill

Put the oiled chops on a grill tray.

Grill on medium-hot for 5-10 mins, turning halfway.

Method 3: [Griddle](#)

Put fat-side down on a hot griddle or barbecue.

Cook on both sides for 2-5 mins until cooked to your liking and the fat is golden

A nice way to cook lamb chops

Ingredients

2 tbsp olive oil

1 tbsp chopped thyme leaves

4 lamb chops
2 small courgettes, sliced into 1cm-thick rounds
200g mangetout
1 tbsp red wine vinegar
 $\frac{1}{2}$ tsp Dijon mustard
 $\frac{1}{4}$ tsp chilli flakes (optional)
small handful mint leaves, roughly chopped
small handful basil leaves, roughly chopped
25g feta, crumbled

Method

STEP 1

Heat a griddle over a high heat. Mix 1 tbsp oil with the thyme and seasoning, and brush over the lamb chops. Cook the chops for 3-4 mins each side, then stand them up and griddle the fat for 1-2 mins. Remove to a plate, wrap in foil and leave to rest.

STEP 2

Brush the courgettes with the remaining oil and season. Griddle for 2-3 mins each side until they are soft and have griddle marks – you may need to do this in 2 batches. Meanwhile, cook the mangetout for 2-3 mins in a medium pan of boiling water. Drain and tip into a large bowl with the courgettes. To make a dressing, mix the vinegar, mustard, chilli flakes (if using), mint and basil. Toss the courgettes and mangetout in the dressing. Crumble over the feta and serve the veg with the lamb chops.