

Garlic Herb Lamb Chops

Garlic Herb Lamb Chops are easy to make and taste like they came from a high end restaurant. You'll impress everyone at the table with this delicious lamb recipe!



Prep Time	Cook Time	Total Time
1 hr	10 mins	1 hr 10 mins

Servings: 4 Servings Calories: 186kcal



4.8 from 5 votes

Ingredients

- 6 to 8 lamb loin chops
- 4 tablespoons extra virgin olive oil divided
- 6 cloves crushed garlic
- 1/2 teaspoon black pepper
- 1 tablespoon minced fresh mint
- 1 tablespoon minced fresh rosemary
- 1 tablespoon minced fresh oregano
- 1 tablespoon minced fresh parsley
- 1 teaspoon salt
- 2 tablespoons butter

Instructions

1. Place lamb chops into a shallow dish.
2. In a small bowl, stir together 2 tablespoons olive oil, garlic, pepper, and herbs. Rub over chops. Place in fridge and let marinate at least 1 hour, or up to 12 hours.
3. Remove chops from marinate and season with salt.
4. Preheat a large heavy skillet over medium high heat. Add in 2 tablespoons olive oil and butter until melted.
5. Cook chops in the heavy skillet for 4 to 5 minutes per side for medium rare. Serve hot garnished with additional fresh herbs.

Nutrition

Calories: 186kcal | Carbohydrates: 2g | Fat: 19g | Saturated Fat: 5g | Cholesterol: 15mg | Sodium: 633mg | Potassium: 33mg | Vitamin A: 7% | Vitamin C: 3.8% | Calcium: 3.1% | Iron: 4.1%

