

Discover something very special

British Lamb Chops

Speciality Spring Lamb
from your local **Q Guild Butcher**



Spicy Lamb Chops

with Potato, Herb and Watercress Salad, and a Creamy Dressing

Serves: 4

Preparation time: 20 mins

Cooking time: 12-16 mins

Ingredients

- 8 lean loin chops, cutlets or boneless leg steaks
- Salt and freshly milled black pepper
- 30ml/2tbsp olive oil

For the potato, herb and watercress salad

- 350g/12oz small, waxy, salad or new potatoes, cooked and quartered
- 1 x 85g pack fresh watercress leaves, rinsed
- 30ml/2tbsp freshly chopped, flat-leaf parsley
- 10 fresh radishes, thinly sliced

For the creamy dressing

- 45ml/3tbsp Greek yoghurt
- Juice of ½ lemon
- 5ml/1tsp garlic paste or purée or 1 small garlic clove, peeled and crushed

Method

1. Heat a large, non-stick frying pan over a moderate heat. Place the chops on a chopping board, season, brush with oil and cook for 6-8 mins on each side.
2. Meanwhile, place all the salad ingredients in a large bowl, mix all the creamy dressing ingredients together, add to the salad and mix gently.
3. Serve the lamb with the salad and crusty bread.



Lamb cooking times from your Q Guild Butcher

Steaks

Grill or fry: leg (bone-in and boneless), chump, shoulder, loin 2cm (¾") thick 4-6 mins each side

Grill or fry: leg (bone-in and boneless), chump, shoulder, loin 2cm+ (1"+) thick 4-6 mins each side

Stir-fry: leg, cut into strips 2-4 mins + 2 mins with vegetables

Chops & Cutlets

Grill or fry: loin, chump, cutlets 2cm (¾") thick 6-8 mins each side

Food photography and images provided by EBLEX (a division of the Agriculture and Horticulture Development Board).