

Chargrilled Lamb Chops with Garlic and Herb Butter

This is a such a delicious way of serving the lamb and the salsa is the perfect accompaniment for meat, both hot and cold.

Chargrilled Lamb Chops:

6 lamb chops
3 sprigs of rosemary/oregano
6 or 8 cherry tomatoes
Garlic butter

Preheat the oven to 190C/375F/Gas Mark 5.

Heat a large griddle pan until smoking hot. Drizzle a tiny amount of oil on the pan and place the lamb chops on the pan for 3-4 minutes until a nice charred effect has been achieved. Turn over and repeat on this side. Arrange the cherry tomatoes and thyme sprigs around the side of the lamb and add a spoon of garlic butter. Transfer top the oven for a further 2-3 minutes.

Remove from the oven and serve immediately with the tomato and red pepper salsa, Cajun potato wedges and some extra garlic butter if you wish.

If you would like the lamb a little more well done then after chargrilling, as outlined above, transfer to the oven for approximately 5-10 minutes until the lamb is well cooked through to the centre.

Tomato and red pepper salsa:

8-10 cherry tomatoes-cut into half or quarter
½ red onion
Chopped fresh coriander
1 clove of garlic
Juice of 1 lemon/lime
4oz/110g mixed peppers-cut into small pieces
½ red chilli
Black pepper
2 tablespoons rapeseed oil

On a preheated pan, Pan Fry the peppers for 30-60 seconds with the red chilli and the garlic without allowing it to lose its bright red colour. Pop into a bowl and to it add the chopped tomatoes and chopped parsley.

Season the mixture with a good crack of black pepper and a squeeze of lemon or lime and then drizzle with a little oil to bind the mixture together.

Garlic & Herb Butter:

3oz/75g softened butter
2 cloves garlic
1 teaspoon chopped herbs (chives, parsley, mint, oregano etc)

Mix all ingredients together and store in the fridge until required.