



LAMB CHOPS WITH MINT & CAPER SAUCE



MINUTES TO PREPARE

5



MINUTES TO COOK

10



SERVES

2

INGREDIENTS

4-6 lamb chops

A drizzle of rapeseed oil

A pinch of Maldon sea salt

Freshly ground black pepper

For the sauce:

**1 large handful of mint (8
springs)**

1 teaspoon sugar

1 teaspoon boiled water

4 teaspoons red wine vinegar

2 teaspoons rapeseed oil

**2 teaspoons capers, rinsed and
chopped**

1/2 teaspoon Dijon mustard

A pinch of Maldon sea salt

*You will need a bbq or griddle
pan.*

LET'S GET COOKING

- 1 Preheat the bbq or griddle pan until hot.
- 2 When it is ready, drizzle over the rapeseed oil and season on both sides with Maldon sea salt and freshly ground black pepper.
- 3 Cook over a medium to high heat for 4-5 minutes on either side, depending on how thick the chops are. Spend the final minute turning the chops onto their backs to sear the fat.
- 4 While the chops are cooking, make the sauce.
- 5 Boil the kettle and add 1 teaspoon of boiled water to a jar with 1 teaspoon of sugar. Stir until the sugar has dissolved.
- 6 Add the chopped mint, red wine vinegar, oil, capers, Dijon mustard and salt and stir well with a spoon. Add another teaspoon of water if it needs loosening.
- 7 Drizzle lightly over the lamb and serve. This delicious with buttered new potatoes and the Autumn slaw (see recipe.)

"Any leftover sauce can be stored in the a jar in the fridge with a lid for a week. It's delicious stirred through the Autumn slaw, with poached salmon or used to pip up green lentils."