

BAKED LAMB CHOPS WITH FRESH TOMATO RELISH



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
4-6

INGREDIENTS

8-12 lamb chops
1/4 teaspoon turmeric
1/4 teaspoon cinnamon
1/4 teaspoon ground cumin
Drizzle rapeseed oil
Pinch of salt
Freshly ground black pepper

For the relish:

200g cherry tomatoes, roughly chopped
1/2 red onion, very finely chopped
1 clove garlic, peeled and crushed
1 tablespoon rapeseed oil
10 basil leaves, chopped
Juice of 1/2 lime
Pinch of salt
Freshly ground black pepper
4 anchovy fillets (optional)

LET'S GET COOKING

- 1 Preheat the oven to 200/400/gas 6. Place the lamb chops in a roasting tray lined with baking paper. Lightly sprinkle over the turmeric, cinnamon and cumin and season well with salt and pepper. Drizzle with rapeseed oil and place in the oven for 25 minutes.
- 2 Meanwhile, make the tomato relish by mixing together the ingredients. Taste and season as necessary.
- 3 Once the chops are ready lay them out on a plate (2-3 per person) and drizzle over the tomato relish.
- 4 Serve with buttered new potatoes or basmati rice and enjoy!

"Cooking amazing food at home really doesn't have to a) steal your evenings or b) be boring! These lamb chops prove that in 30 minutes you can be enjoying restaurant-style food in your own home that you have cooked and still be able to watch your favourite series on Netflix. The slight hint of spice takes me back to a trip we went to on the island Djerba, in Tunisia. I have put the anchovies in the relish as optional as I know they can be a marmite-style food. Jason and the boys hate them and Skye and I love them, so I make the relish and take out their portion before stirring through the anchovies. This way we get to personalise our dinner."

Lamb can be quite fatty which is why it is often teamed up with naturally salty anchovies which cut through the fat. If you have leftover relish, it can be kept for 2 days in the fridge but if you're anything like me, you may struggle not to finish the bowl."