



Lamb Chops with Minty Raita

Lamb isn't just for Easter, if you've got the BBQ, add these chops to the grill - you won't regret it

Serves: 4

Prepare: 15 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

For The Minty Raita

- 300g Greek-style yoghurt
- 1/2 large cucumber, peeled and finely diced
- 1 garlic clove, finely chopped
- 1/2tsp sea salt
- [1tsp Steenbergs organic minty lamb rub](#)
- a small handful fresh mint, finely chopped
- a swirl of olive oil

For The Lamb Chops

- [440g lamb chops](#)
- [2-3tsp Steenbergs organic minty lamb rub](#)
- 1-2tsp olive oil
- a sprinkling of sea salt

Method

1. Rub the lamb chops with little olive oil, then sprinkle on the minty lamb rub. Repeat on the other side. Ideally leave to marinate in the fridge for an hour before cooking
2. Prepare the minty raita by combining all of the ingredients in a bowl and topping with a swirl of olive oil and a sprinkling of minty rub. Place in the fridge until needed
3. Prepare the barbecue or grill to a high heat. Season the lamb chops with a good grind of sea salt and then cook the lamb chops for 4-5 minutes on each side (for medium rare). Leave to rest covered with foil for 5 minutes
4. Sprinkle on some more minty rub and then serve with the minty raita
5. Delicious with flatbreads and salads for a summer feast