



Herb-Crusted Lollipop Lamb Chops

Ingredients:

- 8 lollipop lamb chops (French-trimmed)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon fresh thyme, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 1 teaspoon Dijon mustard
- Zest of 1 lemon
- Salt & freshly ground black pepper, to taste
- Optional: a squeeze of lemon juice for finishing

Instructions:

1. **Prep the Marinade:**

In a small bowl, combine olive oil, garlic, rosemary, thyme, parsley, Dijon mustard, lemon zest, salt, and pepper. Mix into a paste.

2. **Season the Lamb:**

Pat lamb chops dry with a paper towel. Rub the herb mixture all over both sides of each chop. Let sit for 30 minutes at room temperature (or refrigerate for up to 4 hours, then

bring to room temp before cooking).

3. **Cook the Chops:**

Heat a cast-iron skillet or grill pan over medium-high heat. When hot, sear the lamb chops for about 3–4 minutes per side for medium-rare, or longer if desired. You want a nice golden crust.

4. **Rest & Serve:**

Remove from heat and let rest for 5 minutes. Optionally, drizzle with a little lemon juice before serving.