



## Lamb Chops with Green Goddess Dressing

4 servings  
30 minutes

### Ingredients

- 450 grams Lamb Shoulder Chop
- 1 tsp Sea Salt (divided)
- 1/2 tsp Coriander (finely chopped)
- 1/2 cup Mint Leaves (finely chopped)
- 2 Lime (juiced, zested)
- 1/4 cup Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 2 tsps Avocado Oil

### Directions

- 1 Generously season both sides of each lamb chop with half of the sea salt. Let sit for 15 to 20 minutes to tenderize.
- 2 In a small bowl, add the cilantro, mint, lime juice and zest, extra virgin olive oil, garlic and remaining salt. Stir to combine.
- 3 Heat a grill pan over medium-high heat and add the avocado oil. Add the lamb chops to the pan and cook about 5 minutes per side, for medium-rare.
- 4 Remove the lamb chops from pan and place on a cutting board to rest a few minutes.
- 5 Plate the lamb chops and top with the green dressing. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Make it a Meal:** Serve with roasted veggies, quinoa, rice and/or a side salad.