

Welsh Lamb chops with fresh mint sauce



Did you know juicy Welsh Lamb chops are perfect for dipping? Grilled or barbecued, they make ideal finger food at any time of year. Add chopped red chilli to the mint sauce for a twist on a classic.

Serves 4 | **Prep** 15 minutes | **Cook** 6 minutes plus resting time

Ingredients

8 PGI Welsh Lamb* chops, trimmed
Rapeseed oil
Anglesey Sea Salt / Halen Môn (PDO)^a
Cracked black pepper




For the mint sauce

Large handful of fresh mint leaves
2 tsp caster sugar
2 tbsp red wine vinegar
75ml boiling water

Method

- 01** Remove the chops from the fridge 30 minutes before cooking to reach room temperature.
- 02** Season the chops with salt and pepper.
- 03** Heat the oil in a frying pan. Add the chops and cook for approximately 2-3 minutes on each side.
- 04** Remove from pan, allow to rest covered loosely in tin foil for 5 minutes.
- 05** Prepare the mint sauce. Finely chop the mint leaves. Place in a bowl with the sugar, vinegar and boiling water. Season to taste and transfer to a small serving bowl.
- 06** Serve the chops with mint sauce on the side for dipping.

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