



Another delicious recipe from  
*Tanya's Kitchen*

## **Rosemary Mint Lamb Chops**

### **Ingredients**

6 lamb chops  
¾ cup olive oil  
3-4 sprigs fresh rosemary  
3-4 sprigs fresh mint  
3 cloves garlic  
Salt and pepper

### **Directions**

- Add chopped rosemary, chopped mint, garlic, salt and pepper into the Mortar and Pestle
- Crush/ground all the ingredients together with olive oil
- Spread the mixture over the lamb chops and marinate for one hour
- Add olive oil to the frying pan and turn on high heat, until the pan is smoking hot.
- Cook lamb chops for 3-4 minutes on both sides
- Allow the lamb chops to rest for a few minutes before serving
- Garnish with fresh rosemary and mint sprigs
- You can find all these ingredients at all your Foster's Food Fair IGA stores