



Lamb Chops with Garlic

This is a super simple recipe that really enhances the delicious nature of lamb. This recipe shows just how easy it is to cook lamb, and it can serve as a template for cooking any meat to perfection. With practice, this recipe will come together in under 30 minutes.



Ingredients

- 6-8 lamb chops
- Salt and Pepper
- Red Pepper Flakes (sprinkle)
- Dried Thyme (sprinkle)
- 3 Tbsp Olive Oil
- 10 Small Garlic Cloves
- 3 Tbsp Water
- 2 Tbsp Lemon Juice
- 2 Tbsp minced Parsley

Directions



Step 1 - Season the lamb with salt and pepper and sprinkle lightly with thyme. Heat the olive oil in a skillet and then add the lamb chops and garlic. Cook over moderate heat with the lid on for one minute. Turn the chops and cook for another minute (longer times will yield more well done meat). Transfer the chops to a serving plate. Leave the garlic in the skillet.

Step 2 - Add water, lemon juice, parsley and crushed red pepper to the pan and cook, scraping up any browned bits stuck to the bottom. Cook until sizzling, about 1 minute. Pour the garlic and pan sauce over the lamb chops and serve immediately.