

Lamb Chops with Green Goddess Dressing

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Lamb Shoulder Chop
1/2 tsp Sea Salt (divided)
1/4 cup Cilantro (finely chopped)
1/4 cup Mint Leaves (finely chopped)
1 Lime (juiced, zested)
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 tsp Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	336	Iron	2mg
Fat	26g	Vitamin D	6IU
Carbs	3g	Folate	7µg
Fiber	0g	Magnesium	29mg
Protein	24g	Zinc	4mg
Vitamin C	9mg		

DIRECTIONS

- 01 Generously season both sides of each lamb chop with half of the sea salt. Let sit for 15 to 20 minutes to tenderize.
- 02 In a small bowl, add the cilantro, mint, lime juice and zest, extra virgin olive oil, garlic and remaining salt. Stir to combine.
- 03 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.
- 04 Remove the lamb chops from pan and place on a cutting board to rest a few minutes.
- 05 Plate the lamb chops and top with the green dressing. Serve and enjoy!

NOTES

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