



SPICED LAMB CHOPS WITH GREEN CHILLI SALSA

Servings: 2 as main meal or 4 with other dishes

Prep Time: 20 minutes

Cook time: 10 minutes

INGREDIENTS:

8 lamb chops

1 tbsp ground cumin

2 tsp ground coriander

½ tsp ground cardamom (optional)

1 tbsp olive oil

FOR THE GREEN CHILLI SALSA

1 small onion, finely chopped

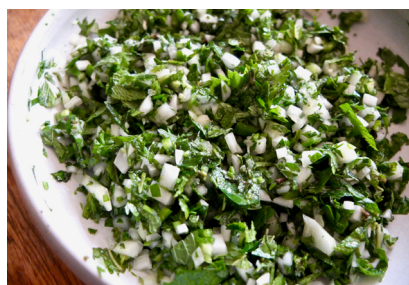
2 green chillies, finely chopped

Small handful parsley leaves, finely chopped

Large handful mint leaves, finely chopped

The spice in this simple lamb chop recipe can be dialed up or down depending on personal preference. We like the salsa nice and spicy too, but just adjust the amount of chilli according to your taste.

METHOD:



1. Combine the ground spices with the 1 tablespoon olive oil and some salt. Rub all over the lamb and set aside while you make the salsa.
2. Combine all the salsa ingredients, season with salt and mix well. Set aside.
3. Light two gas burners on the Jupiter Outback BBQ and set the heat to medium. Cook the lamb chops for 4-5 minutes each side, depending on thickness.

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CHILLI SALSA INGREDIENTS CONT.

1 clove garlic, crushed or grated
2 tbsp lemon juice
2 tbsp olive oil
Pinch sugar

METHOD CONTINUED:



4. Serve the lamb chops with the salsa.