

DINNER

Black Cherry and Black Pepper Lamb Chops with Sweet Pea Risotto

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
32 min	10 min	22 min	2	\$10.18	1,818 kcal

Black Cherry and Black Pepper Lamb Chops with Sweet Pea Risotto takes roughly 32 minutes from beginning to end. This recipe makes 2 servings with 2176 calories, 123g of protein, and 63g of fat each. For \$10.18 per serving, this recipe covers 64% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup Arborio rice
- ☐ 2 tablespoons butter, divided
- ☐ 1 quart chicken stock
- ☐ 2 tablespoons chopped fresh mint leaves, plus 3 sprigs for garnish
- ☐ 4 loin lamb chops, each 1 1/2 inches thick
- ☐ 1 small onion, chopped
- ☐ 1 cup peas, defrosted
- ☐ 2 servings Salt
- ☐ 1/2 cup white wine
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1/2 cup black cherry all fruit preserves (recommended: Polaner brand)
- ☐ 1 Handful flat-leaf parsley, chopped
- ☐ 2 cloves garlic, chopped
- ☐ 2 tablespoons extra-virgin olive oil, divided, plus some for drizzling
- ☐ 1/2 cup grated Parmigiano-Reggiano, a couple of handfuls
- ☐ 1/2 teaspoon cracked black pepper, eyeball it in your palm
- ☐ 1 shallot, thinly sliced

Method

- 1 Place the stock in a small pot and warm it up over medium low heat.
- 2 Place an oven rack 8 inches from broiler and preheat broiler to high.
- 3 Heat 1 tablespoon extra-virgin olive oil 1 turn of the pan, with a tablespoon of butter in a medium skillet over medium to medium high heat. When the pan is hot, add onions and garlic and cook for 2 to 3 minutes the add Arborio and cook a minute more.
- 4 Add wine and cook it all away, 1 minute.
- 5 Add a few ladles of warm broth and let that cook off, stirring occasionally. The risotto will take 22 minutes to cook.
- 6 Add a ladle of broth from time to time until risotto is starchy, creamy and cooked to al dente.
- 7 Add peas about 2 minutes before serving.
- 8 Add in cheese, chopped mint and parsley just before serving.
- 9 When the risotto is half-cooked, 10 minutes from being done, drizzle the chops with extra-virgin olive oil and arrange on a slotted broiler plan.
- 10 Place chops in oven under hot broiler and cook 8 to 10 minutes for medium rare.
- 11 Place a tiny pan on the stove over medium heat.
- 12 Add 1 tablespoon extra-virgin olive oil and shallots to the pan. Cook shallots 2 minutes then add the preserves and whisk them together with balsamic vinegar and black pepper.
- 13 Heat to a bubble then remove from heat and add remaining pat of butter.
- 14 Whisk butter into sauce.
- 15 Season the risotto with salt to taste.
- 16 Place a generous serving of risotto into shallow dinner plates. Arrange 2 chops on each plate alongside the risotto and drizzle the black cherry pepper glaze over the chops and garnish plates with extra sprigs of mint.

Nutrition per serving

1,818
KCAL

117 g
PROTEIN

62 g
FAT

179 g
CARBS

Saturated Fat	24.6 g · 153% of daily needs
Fibre	9.5 g · 38% of daily needs
Sugar	59.7 g · 66% of daily needs
Sodium	1,607 mg · 70% of daily needs
Cholesterol	319 mg · 106% of daily needs
Vitamin C	46.2 mg · 56% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/black-cherry-and-black-pepper-lamb-chops-with-sweet-pea-risotto-148463