

DINNER

Honeyed Pepper Chops

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
235 min	10 min	45 min	8	\$1.77	307 kcal

Honeyed Pepper Chops might be a good recipe to expand your main course recipe box. This recipe serves 8 and costs \$1.77 per serving. Watching your figure? This gluten free and dairy free recipe has 307 calories, 27g of protein, and 17g of fat per serving. This recipe from Allrecipes has 6 fans.

Ingredients

- ☐ 1 teaspoon anise seed
- ☐ 2.1 pounds lamb or mutton chops
- ☐ 2 tablespoons chopped garlic
- ☐ 1 tablespoon diced green chile pepper, or to taste
- ☐ ½ cup chopped green onions
- ☐ 1 tablespoon hoisin sauce
- ☐ 3 tablespoons honey
- ☐ 5 tablespoons olive oil
- ☐ ½ cup chopped onions
- ☐ 1 teaspoon salt, or to taste
- ☐ 3 tablespoons soy sauce

EQUIPMENT Frying pan, Baking pan, Wok

Method

- 1

In a shallow baking dish or resealable bag, mix together the honey, soy sauce, and hoisin sauce.
- 2

Place the lamb chop into the mixture; cover and refrigerate for 3 hours.
- 3

Heat the olive oil in a shallow wok over medium-high heat.

- 4 Add the anise seed, garlic, onions and green chilies, and saute until the onion is tender, about 5 minutes.
- 5 Place the lamb chops and marinade into the pan, and stir. Turn heat down to medium-low, and cover. Cook for 20 minutes, then remove lid, and continue cooking until liquid has evaporated. Stir in green onions, and cook, stirring, until the internal temperature of the meat has reached 145 degrees F (63 degrees C).

Nutrition per serving

307

KCAL

27 g

PROTEIN

17 g

FAT

10 g

CARBS

Saturated Fat	4.2 g · 26% of daily needs
Fibre	0.6 g · 2% of daily needs
Sugar	7.8 g · 9% of daily needs
Sodium	766 mg · 33% of daily needs
Cholesterol	80.8 mg · 27% of daily needs
Vitamin C	2.9 mg · 3% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/honeyed-pepper-chops-148399