



## Lamb Loin Chops with Mint Chimichurri



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds lamb loin chops
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 3 teaspoons garlic chopped
- ☐ 1.5 cups mint leaves fresh packed (spearmint)
- ☐ 1.5 cups parsley leaves fresh packed
- ☐ 3 Tbsp red wine vinegar

- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 cup olive oil

## Equipment

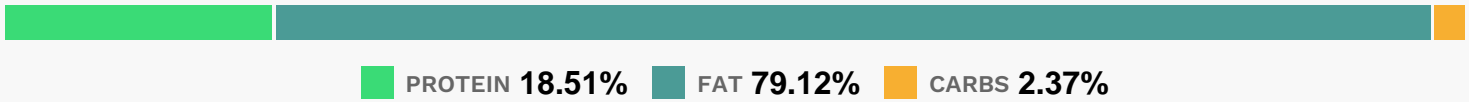
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Sprinkle lamb chops with salt, let sit at room temp:
- ☐ Remove chops from refrigerator and sprinkle on all sides with Kosher salt.
- ☐ Let sit at room temperature for a half hour (for small chops) to an hour (for large chops) to come to room temp.
- ☐ Make the mint chimichurri sauce: Either in a food processor or by hand, finely chop the garlic, mint and parsley.
- ☐ Place in a bowl and stir in the wine vinegar, salt, and red pepper flakes. Stir in the olive oil.
- ☐ Heat olive oil in a large cast iron pan on medium high heat.
- ☐ Sprinkle the black pepper on both meaty sides of the chops.
- ☐ When the pan is hot, place the chops meat-side down in the pan. Leave space between the chops, do not crowd the pan.
- ☐ Do not move the chops, just let them brown, about 2 to 4 minutes on each side, depending on the heat of your pan and the size of the chops. Once browned on one side, turn them over and brown the other side. Quickly sear the fatty and bone edges of the chops.
- ☐ Lower the heat to finish cooking: Once all of the sides have browned, lower the heat and continue to cook until the lamb chops are done to your liking.
- ☐ Lamb is best rare (vivid pink on the inside), never more cooked than medium rare.

- ☐
- The easiest way to test for the doneness of the chops is to press on them with your finger (see the finger test to check doneness of meat). You can also use an instant read meat thermometer.
- ☐
- Remove the meat from the pan at 120° to 125°F for rare, and 130° to 135°F for medium rare. Some of the chops may cook faster than others, so check them as they cook, and pull them off the pan when ready.
- ☐
- Cover with foil and let rest:
- ☐
- Place the chops on a plate and cover with foil.
- ☐
- Let rest for 10 minutes before serving.
- ☐
- Serve drizzled with mint chimichurri sauce.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:32.350869469021%

## Flavonoids

Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Apigenin: 49.42mg, Apigenin: 49.42mg, Apigenin: 49.42mg, Apigenin: 49.42mg Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 839.05kcal (41.95%), Fat: 73.17g (112.57%), Saturated Fat: 28.46g (177.89%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.22g (0.25%), Cholesterol: 167.83mg (55.94%), Sodium: 1165.86mg (50.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.5g (77.01%), Vitamin K: 377.04µg (359.09%), Vitamin B12: 4.63µg (77.11%), Vitamin B3: 15.29mg (76.45%), Selenium: 43.25µg (61.78%), Vitamin A: 2650.88IU (53.02%), Vitamin C: 36.05mg (43.7%), Zinc: 6.21mg (41.38%), Phosphorus: 375.21mg (37.52%), Iron: 6.12mg (33.98%), Vitamin B2: 0.55mg (32.19%), Folate: 92.14µg (23.03%), Potassium: 725.49mg (20.73%), Vitamin B1: 0.29mg (19.18%), Magnesium: 74.03mg (18.51%), Vitamin B6: 0.37mg (18.4%), Manganese: 0.35mg (17.73%), Copper: 0.34mg (17.02%), Vitamin E: 2.41mg (16.1%), Vitamin B5: 1.59mg (15.94%), Calcium: 113.09mg (11.31%), Fiber: 2.25g (8.99%)