

Seasoned Lamb Chops

HolisticQ signature recipe

The average American eats less than a pound of lamb a year compared to an average of 85 pounds of beef, annually, per person. Time for some Lamb chops!

8 Lamb (T-Bone) loin chops (2 per person)
1/4 cup coconut or avocado oil
1 TBS Turmeric
2 TBS Oregano
1 tsp Black pepper
1 tsp salt

Make the chops!

Cast iron skillet preferred...

In a small bowl, mix together the sesame oil, turmeric, oregano, black pepper and salt into a paste. Generously massage each chop with seasoning mixture. you may cook immediately or marinate for 1 hour.

Preheat a large skillet (we prefer cast iron) to medium high. Sear each chop on "all" sides including edges for 3 minutes, or until well browned. Enjoy!

Pictured with roasted sweet potato, and saute'd green onions.

Learn more about Lamb at caprafoods.com