

INGREDIENTS:

8 small lamb chops, trimmed
2 tablespoons olive oil
1 tablespoon dried oregano
Sea salt
Freshly-ground black pepper
1 small red onion
6 tablespoons plain Greek yogurt
1 tablespoon each chopped mint and dill
Squeeze of lemon juice

TIME: 30 mins

SERVING: 4 people



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Peel and grate the onion and mix in a bowl with the yogurt, herbs and lemon juice. Refrigerate for two hours. In another bowl mix together the olive oil, oregano and plenty of pepper. Add the lamb chops and turn to coat well and refrigerate for an hour. Heat the oven to 200C gas mark 6 and place a wire rack over a roasting pan. Place the chops on the rack, sprinkle with salt and roast for 20 minutes, turning half way through. Serve with the yogurt dip.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: