



Garlic Lamb Chops

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
2-3 People	10 MIN	12 MIN		10

Garlic lamb chops are a rich and flavorful dish made with tender lamb cooked with aromatic garlic and herbs. The combination of juicy meat and bold seasoning creates a delicious and satisfying meal. This easy recipe is perfect for special occasions or when you want to enjoy a restaurant-quality dish at home. With simple ingredients and quick cooking, garlic lamb chops deliver impressive results.

Ingredients

- 6-8 lamb chops
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon rosemary or thyme
- Optional: lemon juice

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 10-12 minutes
- Total Time: 20-25 minutes
- Servings: 2-3
- Course: Main Dish
- Cuisine: Mediterranean-inspired

Cooking Method

Instructions

1. Pat lamb chops dry and season with salt, pepper, and herbs.
2. Heat olive oil in a pan over medium-high heat.
3. Add lamb chops and sear for **3-4 minutes per side**.
4. Add garlic and cook for another **1-2 minutes**.
5. Spoon garlic oil over the chops while cooking.
6. Remove from heat and let rest for 5 minutes.
7. Drizzle with lemon juice if desired.
8. Serve warm.

Cooking Tips

- Do not overcook lamb for best tenderness
- Let meat rest before serving
- Use fresh herbs for better flavor

Variations

- Grill instead of pan-sear
- Use garlic marinade before cooking
- Add butter for richer flavor
- Add chili flakes for spice

What to Serve with Garlic Lamb Chops

- Roasted vegetables
- Mashed potatoes
- Rice or couscous
- Salad

Storage

Store in an airtight container in the refrigerator for up to **2-3 days**.

Reheating

Reheat gently to avoid drying out.

Frequently Asked Questions

What is the best doneness for lamb?

Medium-rare to medium is ideal.

Can I grill lamb chops?

Yes, grilling works very well.

How do I reduce strong lamb flavor?

Use garlic, herbs, and lemon.

Recipe Author

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