



Garlic Butter & Herb Chops

Also works great with lamb steaks

Serve with roasted potatoes and vegetables

Prep Time : 5 mins

Cook Time : 15 mins

Servings : 4 chops/2 steaks

Ingredients:

- 1 pkg of chops (or 1 pkg steak)
- Salt & Pepper
- 1/2 tsp garlic powder
- 1 tbsp butter (soften)
- 1 tsp minced garlic
- 1 basil leaf (fresh)
- 1 spearmint leaf (fresh)
- 3-4 rosemary leaves (fresh)

If wanted to do it on the grill, melt the butter and baste on the lamb while cooking.

Procedure:

1. Season chops with salt & pepper and garlic powder
2. Mix butter with garlic and herb leaves, pressing down on the herbs to release the flavor (mortar & pestle technique)
3. Melt butter in skillet (cast iron preferred) on med heat.
4. Once hot, place chops in skillet, cook for 6-8 minutes per side, till well done inside.