GLOBAL · DINNER

Garlic Herb Lamb Chops with Butter Pan Sauce

75 min · Serves 4 · 624 kcal a serve · Video 3:17 · Natashas Kitchen

Gluten-free ingredients · Nut-free

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Lamb chops give about 38 g protein a serve, are rich in zinc and supply more than a day's vitamin B12; seared in olive oil with a butter pan sauce, they have about 2 g net carbs and no added sugar.

Diet notes: Keto (2.1 g net carbs a serve).

Ingredients 11 · SERVES 4

- [ ] 900 g **lamb rib chops** (8 chops, cut from a frenched rack)
- [ ] 5 **garlic** cloves (plump ones), pressed
- [ ] 4 tbsp **olive oil**, divided (the excess is poured off before the sauce)
- [ ] 2 tbsp chopped **fresh parsley**
- [ ] 2 tsp **Tabasco** (original red pepper sauce)
- [ ] 1 tsp **sea salt**
- [ ] 1 tsp **freshly ground black pepper**
- [ ] 1/4 tsp **dried thyme**
- [ ] 120 ml **chicken or beef stock**
- [ ] 2 tbsp **unsalted butter**, softened
- [ ] chopped **fresh parsley**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the lamb chops dry and cut the rack into single chops, about 2 cm thick. 1:00
2. Mix the pressed garlic with 3 tbsp of the olive oil, the parsley, Tabasco, salt, pepper and thyme. Rub it all over the chops, cover and refrigerate for at least 1 hour or overnight (the video marinates them at least 6 hours). 0:29
3. Take the chops out about 30 minutes before cooking. Heat a heavy pan over high heat with the last tablespoon of oil and sear the chops 2–4 minutes a side, in batches, to your liking. 1:33
4. Rest the chops under foil for 5 minutes. Pour off the excess fat, leaving the browned bits in the pan. 1:55
5. Add the stock and simmer about 2 minutes, then take the pan off the heat and whisk in the soft butter a spoonful at a time. Spoon the sauce over the chops and scatter with parsley. 2:07

> **Tip** Time includes 1 hour of marinating; longer (up to overnight) gives more flavour. Serve with a green salad or buttery greens to keep it keto. Pull the chops at 60°C for medium.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
624 kcal	**38** g	**2.5** g	**0.4** g	**50** g	**830** mg
2,610 kJ	76% of a day	2.1 g net · 0.6 g sugars 1% of a day	1% of a day	20 g saturated 64% of a day	36% of a day

Energy from net carbs 1% · protein 25% · fat 74% — fits keto: 2.1 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin B12 138% · Selenium 72% · Zinc 47% · Vitamin K 46% · Omega-3 39%

Source of (10–19%) Iron 17% · Vitamin B6 15% · Vitamin E 13% · Potassium 12% · Magnesium 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=SHket6wQ0bU, published 9 December 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/garlic-herb-lamb-chops-butter-pan-sauce