GLOBAL · DINNER

Grilled Lamb Loin Chops in Lemon-Rosemary Yoghurt Marinade

35 min · plus 4–10 hours marinating | Serves 4 | 541 kcal a serve | Video 5:32 · Food Wishes

Gluten-free ingredients | Nut-free

Each serve gives about 43 g protein, over half a day's zinc and more than a day's vitamin B12 with about 1 g carbs; the tangy yoghurt marinade flavours and tenderises without any sugar.

Diet notes: Keto (0.9 g net carbs a serve).

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Ingredients 10 · SERVES 4

- [ ] 8–10 **lamb loin chops** (the T-bone-shaped ones), at least 2.5 cm thick
- [ ] 30 g **plain yoghurt** (about a quarter of the marinade stays on the chops after scraping)
- [ ] 1 large **lemon**, zest and juice (a quarter counted)
- [ ] 1 tbsp (rounded) **Calabrian chilies or sambal**, ground hot chilli sauce (a quarter counted)
- [ ] 4 cloves **garlic**, finely crushed (a quarter counted)
- [ ] ¼ tsp **cinnamon**
- [ ] 1 tsp **dried oregano**
- [ ] 2 tbsp **fresh rosemary**, minced (a quarter counted)
- [ ] 1 tsp **salt** (about half ends up on and in the chops)
- [ ] ½ tsp **freshly ground black pepper**

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. Whisk 120 ml plain yoghurt with the zest and juice of a large lemon, a rounded tbsp of ground chilli (Calabrian or sambal), ¼ tsp cinnamon, 1 tsp dried oregano, 2 tbsp minced fresh rosemary, 1 tsp salt and ½ tsp pepper. 0:20
2. Put thick lamb loin chops in a zip bag, pour in the marinade, add 4 crushed garlic cloves and massage well so every chop is coated. Seal and refrigerate 4 hours (up to 10). 1:27
3. Heat a charcoal grill until the coals are white with no flames. Lift the chops out and scrape off the excess marinade, leaving a thin coat. 2:41
4. Grill like a steak, turning once both sides have seared and released, until 54–57°C inside for pink, juicy meat. Stand thick chops on their bone end for a couple of extra minutes. 2:54
5. Rest 5–6 minutes, then spoon the resting juices over and serve. 3:53

> **Tip** Chef John serves the chops with a simple green salad. Serves 4 (our estimate, 2–3 chops each). The marinade also works on half chickens or pork chops.

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
541 kcal	**43 g**	**1.1 g**	**0.2 g**	**39 g**	**430 mg**
2,260 kJ	85% of a day	0.9 g net · 0.5 g sugars	1% of a day	17 g saturated	19% of a day
		0% of a day		50% of a day	

Energy from net carbs 1% · protein 33% · fat 66% — fits keto: 0.9 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Vitamin B12 156% · Selenium 80% · Zinc 53% · Omega-3 38%

Source of (10–19%) Iron 18% · Vitamin B6 14% · Potassium 12% · Magnesium 10%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=PBBEjR4yKzQ, published 13 August 2012. 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/yoghurt-marinated-lamb-loin-chops