



Grilled Lamb Loin Chops

Oscar · 29/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

Try this recipe for lamb loin chops packed with maximum flavor For best results try to use 1inchthick loin chops These are best served medium to mediumrare but add a few extra minutes per side if you prefer them a little more done

Ingredients

- - 2 tablespoons herbes de Provence - 1 ½ tablespoons olive oil - 2 cloves garlic
- minced - 2 teaspoons lemon juice - 8 (5 ounce) lamb loin chops - salt and ground black pepper to taste

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Combine herbes de Provence
2. oil
3. garlic
4. and lemon juice in a small bowl. Dotdash Meredith Food Studios Rub mixture over lamb chops; cover and refrigerate for at least 1 hour
5. or up to 4 hours for maximum flavor. Dotdash Meredith Food Studios Preheat an outdoor grill for medium-high heat and lightly oil the grate. Season chops with salt and pepper. Dotdash Meredith Food Studios Place chops on the preheated grill and cook until browned on the outside and an instant-read thermometer inserted into the center reads at least 125 degrees F (52 degrees C) for medium-rare
6. 3 to 4 minutes per side. Transfer chops to an aluminum foil-covered plate; let rest for 5 minutes before serving. Dotdash Meredith Food Studios