



Lamb Chops Foriana

Serves 4 ppl : Prep = 10 minutes : Cook = 10 minutes

The Ingredients

- 8 lamb chops
- 2 oranges – juiced
- ½ cup pinenuts
- ½ cup walnuts
- ½ cups raisins/sultanas
- 2 tbsp chopped parsley
- 200ml olive oil (split 50/150ml)
- 4 cloves garlic
- Salt

The Method

Forinara

1. Blitz the nuts & garlic until they are almost granola like
2. On medium heat add 50ml of oil to a non-stick pan and add nut mixture/raisins. Stirring regularly so they don't burn. Cook for approx. 3-5 minutes
3. Remove, pour into a mixing bowl and add orange juice, 150ml oil and parsley – stirring to combine

Lamb Chops

1. Remove from the fridge 15-20 minutes prior to cooking to come to room temperature
2. Heat BBQ to 250c
3. Season and oil the chops and grill for 3 minutes on one side, flip and grill for a further 2 minutes or until internal temperature is approx. 52c for medium rare
4. Allow to rest for 3-4 minutes before serving
5. Serve with your choice of vegetables and drizzle the forinara sauce over the lamb

Tips n Tricks

- ALWAYS rest your meat before serving - this helps to keep the meat juicer
- If using a frying pan – cook for a similar time. I like to finish with a knob of butter for the last minute and baste the lamb chops
- Forinara sauce will keep in the fridge for 3-4 days