



classical lamb chops

These lamb chops with garlic and rosemary are so flavorful — they really are the best! The chops are easy to cook in the oven and ready to serve in under 30 minutes. This irresistible oven-roasted lamb chop recipe calls for the following seasonings: garlic, fresh rosemary, sea salt, and freshly ground black pepper. These bold, fresh flavors play together beautifully. Of course, you can customize the seasonings to suit your taste.

Ingredients

4 (4 ounce) lamb chops
1 tablespoon olive oil, or as needed
1 clove garlic, minced
½ tablespoon crushed fresh rosemary leaves
sea salt and freshly ground black pepper to taste
¼ cup mint jelly

Procedure

Preheat the oven to 425 degrees F (220 degrees C).

Cut away excess fat from lamb chops (some fat does add flavor). Coat each chop lightly in olive oil. Season lamb chops with garlic, rosemary, salt, and pepper. Place lamb chops in a cast iron skillet.

Bake uncovered in the preheated oven until cooked through, 8 to 10 minutes. An instant-read thermometer inserted into the center should read at least 140 degrees F (60 degrees C) for medium-well doneness.

Remove from the oven and cover tightly with foil; let rest for 8 to 10 minutes. Serve with mint jelly on the side.