

Lamb Loin Chops with Garlic



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Easy pan-seared Lamb Loin Chops Recipe with Garlic and Olive Oil. Delicious, Mediterranean-style dinner that takes only 30 minutes to make!

Ingredients

- 4 lamb loin chops
- 3 tablespoons olive oil
- 5 garlic cloves minced
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 tablespoon olive oil
- fresh parsley chopped
- $\frac{1}{4}$ cup pomegranate seeds

Method

Allow lamb loin chops sit on the counter at room temperature for 30 minutes before cooking. In other words, take them out of refrigerator 30 minutes prior to cooking.

Combine 3 tablespoons olive oil, minced garlic, 1 teaspoon salt, 1/2 teaspoon pepper in a small bowl, and mix. Rub lamb loin chops with this mixture.

Heat 1 tablespoon olive oil in a large skillet (I used stainless steel skillet) until hot. Add lamb loin chops and cook on high heat about 3 minutes on one side, then turn over and cook for 3 minutes on the other side. Use splatter screen, if needed.

Then, reduce the heat to low, flip the lamb chops back to the other side, and let them cook on low heat for about 5 more minutes.

Remove the skillet from heat, cover with lid. Leave the chops in the skillet, off heat, covered for about 10-15 minutes.

After 10 minutes, check the lamb loin chops for doneness. They should have a nice pink color when cut in the center (not raw). The internal temperature of chops should register at 145 F. If the lamb chops are still raw, continue cooking, covered, on medium heat for another 5-10 minutes, until they are properly cooked.

Garnish with chopped fresh parsley before serving. Garnish with pomegranate seeds, if desired.

Prep

- Prep: 10 Minutes
- Cook: 20 Minutes
- Total Time: 30 Minutes

Source: Julia's Album (4 servings)