

Almond and mint-crusted lamb chops

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Almond and mint-crusted lamb chops

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The classic pairing of lamb and mint takes a rustic turn in this easy preparation.

The mustard and egg coating holds a fragrant crust of mint, garlic and almonds in place while the meat is pan-seared.

Ingredients serves 4 to 8 (one to two chops per person)

- ½ cup (60g) raw almonds, finely chopped
- 1 large clove garlic, minced
- 1 tbsp minced fresh mint
- 2 tbsp extra-virgin olive oil, plus extra for drizzling
- 1 tbsp Dijon mustard
- 1 large free-range egg yolk
- 8 free-range [lamb](#) loin chops, 2.5 cm thick, about 900g
- Salt and freshly ground black pepper
- Chopped fresh mint, for garnish

METHOD

Preheat the oven to 200°C.

Almond and mint-crusted lamb chops

Mix the almonds, garlic and minced mint together in a wide, shallow bowl. Whisk one tablespoon of the olive oil, the mustard, and egg yolk together in a small bowl.

Season the lamb with salt and pepper. Brush the lamb chops with the mustard mixture and sprinkle with salt and pepper. Dredge the chops in the almond mixture to coat both sides evenly.

Heat an ovenproof pan over medium-high heat. Add the remaining one tablespoon of olive oil. Brown the lamb, turning once, about three minutes per side.

Transfer the pan to the oven and cook until a meat thermometer inserted in the centre of a chop registers 54°C for medium-rare, eight to 10 minutes. Remove from the oven. Tent with aluminum foil and let rest for 10 minutes.

To serve, drizzle with olive oil and garnish with chopped mint.

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