

# Lamb Chops with Herbs and Asparagus



Prep Time: 20 min. Serves: 4

## INGREDIENTS

Cooking Time: 15 min. Method: Direct

## INSTRUCTIONS

8 lamb chops  
2 tbsp parsley  
2 tbsp rosemary  
2 tbsp thyme  
2 garlic cloves  
Green asparagus, peeled  
Lemon, juice of  
Olive oil  
Salt & pepper

### In the kitchen:

- 01 Finely chop the parsley, rosemary, thyme and the garlic then place in to a drip tray.
- 02 Brush the lamb chops with a little oil and dip the meat into the herb mixture coating lightly, seasoning well with salt and pepper.
- 03 Rinse and crack the bottom of the asparagus. Roll them in the lemon juice, olive oil and season with salt and pepper.

### At the barbecue:

- 01 Pre-heat your grill for high, direct heat 250°C. Place the meat directly on the grill and sear for 4 minutes either side or until cooked to your liking.
- 02 Remove the meat from the grill and allow to rest while you grill the asparagus. Place your asparagus direct and cook for a couple of minutes either side until softened slightly, drizzle over a little more lemon juice before serving.
- 03 Cut the fillet and serve with grilled asparagus.