



#MakeItGAP

RECIPES

MEDITERRANEAN GRILLED LAMB CHOPS WITH TOMATO MINT QUINOA

YIELD: Serves 6-8

INGREDIENTS:

LAMB CHOPS:

1 tsp. garlic paste (*or finely minced garlic*)
1 tsp. allspice
1/2 tsp. ground green cardamom
1/2 tsp. ground nutmeg
1/4 tsp. sweet paprika
1/2 tsp. salt
1 scant tsp. black pepper
1 Tbsp. chopped fresh mint leaves
Olive oil
2 frenched racks of lamb, fat trimmed, separated
into chops (*about 16 chops*)
1 large lemon, *juiced*
1 small yellow or red onion, *sliced*

TOMATO MINT QUINOA:

1 cup dry quinoa, *rinsed*
3 cups water
2 Tbsp. olive oil
3 garlic cloves, *chopped*
1-14.5 oz can petite diced tomatoes
Salt and pepper
1 cup fresh mint leaves, *chopped*
1/2 cup red onion, *finely chopped*
1/3 cup crumbled feta cheese

PREPARATION:

In a small bowl combine the garlic and spices with 1 Tbsp. fresh mint leaves and 2 Tbsp. of olive oil. Take the lamb chops and rub them each on both sides with the garlic-spice rub. Place the chops in a deep dish with 2 Tbsp. olive oil, lemon juice and onions. Cover and leave in the fridge for 1 to 4 hours.

20 to 25 minutes before grilling, remove the lamb chops from the fridge and let them rest at room temperature.

Meanwhile, cook the quinoa according to package instructions, adding a dash of salt and olive oil to the cooking water. (For 1 cup of quinoa, add 3 cups of water. Bring to a boil, then cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes.)

In a non-stick pan, heat 2 tbsp olive oil over medium heat. Stir in garlic and cook very briefly then add the canned diced tomatoes. Season with salt and pepper and cook for 4-6 minutes, stirring occasionally. Stir in the cooked quinoa. Once warmed through, add the chopped fresh mint. Stir to combine and remove from heat. Once off the heat, add chopped red onions, feta cheese and more fresh mint leaves for garnish, if desired.

Heat a gas grill to high heat. Once the grill is hot, add the lamb chops and grill for about 2 minutes. Flip the chops over and cook for another 3 minutes for medium-rare or 3 1/2 minutes for medium (internal temperature should register 125°F for medium-rare or 135°F for medium). Let the chops rest for 10 minutes before serving. When ready to serve, transfer the tomato mint quinoa to serving bowls, top with 2 lamb chops per person.

Recipe adapted from themediterraneandish.com