



#MakeItGAP

RECIPES

PAN-SEARED LAMB CHOPS WITH CIPOLLINI ONIONS

YIELD: Serves 2

FOR THE LAMB:

1 Tbsp. olive oil
1-2 tsp good-quality balsamic vinegar
2 tsp. fresh garlic, *minced*
2 tsp. fresh rosemary, *minced*
2 tsp. fresh parsley, *minced*
4 lamb rib chops

FOR THE CIPOLLINI ONIONS:

10-12 whole Cipollini onions, *skins removed*
1 Tbsp. unsalted butter
Kosher salt and freshly-ground black pepper

PREPARATION:

Mix together the olive oil, balsamic vinegar, garlic and herbs. Season the lamb chops lightly with salt and pepper. Rub the chops with the olive oil mixture and set aside to marinate, for 15-30 minutes.

Cook the Cipollini onions. Heat the butter in a skillet over medium heat. Add the onions and season with salt and pepper. Cook, stirring occasionally, until the onions begin to soften and turn golden brown, about 5 minutes. Turn the heat down to low, and continue cooking, covered, for another 5-10 minutes until the onions are a deep, rich golden color, but still hold their shapes.

Meanwhile, heat a skillet over medium heat. When the skillet is hot, add the chops to the skillet and cook to desired doneness, about 3-4 minutes per side for medium-rare. Serve warm alongside the Cipollini onions.

Recipe adapted from forkknifeswoon.com