

Garlic Herb Lamb Chops - A Quick and Elegant Family Dinner Favorite

Looking to elevate your dinner game without spending hours in the kitchen? Enter:



TIME
30 min

TEMP
140°F

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INGREDIENTS

- 2 lbs lamb chops (about 12 pieces)
- 4 cloves garlic, minced
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh thyme, chopped
- 1 tsp paprika
- 1 tsp black pepper
- 1 tsp salt
- 1/4 cup olive oil
- 2 tbsp lemon juice (optional)

DIRECTIONS

1. Marinate the Lamb: In a bowl, combine:
2. Minced garlic
3. Chopped rosemary and thyme
4. Paprika
5. Salt and pepper
6. Olive oil
7. Lemon juice (if using)
8. Add the lamb chops, tossing to coat evenly. Marinate for at least 30 minutes, or up to 4 hours in the fridge for deeper flavor.
9. Grilling Method: Preheat grill to medium-high.
10. Grill lamb chops for 3-4 minutes per side for medium-rare, or longer for desired doneness.
11. Let rest 5 minutes before serving.
12. Pan-Searing Method: Heat a skillet or cast-iron pan over medium-high heat.
13. Add a small drizzle of olive oil.
14. Sear lamb chops for 3-4 minutes per side.
15. If needed, lower heat and cook for 1-2 extra minutes.
16. Let rest before plating.
17. Serve: Arrange chops on a platter and garnish with more fresh herbs. Pair with roasted vegetables, mashed potatoes, or a simple salad. Add lemon wedges on the side for brightness.

TIPS FOR SUCCESS

Room temp meat : Let lamb come to room temp before cooking for even results.

Rest time : Always rest the meat before serving-it seals in juices.

Use a meat thermometer : 130°F for medium-rare, 140°F for medium.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/garlic-herb-lamb-chops-a-quick-and-elegant-family-dinner-favorite/>