

A Cozy Trio: Grilled Lamb Chops, Cheesy Mac, and Sweet Carrots for the Win

Grilled Lamb Chops with Mac and Cheese & Glazed Carrots ??



TIME
30 min

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INGREDIENTS

For the Grilled Lamb Chops:

- 8 lamb chops (bone-in)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp Dijon mustard
- 2 tbsp balsamic vinegar
- Salt and pepper, to taste

For the Mac and Cheese:

- 1 lb elbow macaroni
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 2 cups milk
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder

For the Glazed Carrots:

- 4 large carrots, peeled and sliced thick
- 1 tbsp brown sugar
- 1 tbsp honey
- Fresh parsley (for garnish)

DIRECTIONS

- 1.** Marinate the Lamb Chops: In a small bowl, whisk together olive oil, garlic, rosemary, thyme, Dijon mustard, balsamic vinegar, salt, and pepper. Coat the lamb chops evenly with the mixture and let marinate for at least 30 minutes (or up to 2 hours in the fridge).
- 2.** Grill the Lamb: Preheat your grill or grill pan over medium-high heat. Grill each chop for 4-5 minutes per side for medium-rare, or until your preferred level of doneness. Remove and let rest for 5 minutes before serving.
- 3.** Make the Mac and Cheese: Cook the elbow macaroni according to package directions. Drain and set aside.
- 4.** In a medium saucepan, melt butter over medium heat. Whisk in the flour to form a roux, cooking for 1-2 minutes. Gradually whisk in milk and cook until thickened (about 4-5 minutes).
- 5.** Add cheddar and mozzarella, stirring until melted. Season with garlic powder, onion powder, salt, and pepper. Stir in cooked pasta and mix until fully coated.
- 6.** Prepare the Glazed Carrots: In a skillet, melt butter over medium heat. Add sliced carrots and cook for 5 minutes.
- 7.** Stir in brown sugar, honey, salt, and pepper. Continue cooking for another 5-8 minutes, stirring often, until carrots are tender and glazed. Garnish with parsley.

SWAPS & NOTES

Try bone-in pork chops with the same marinade.

Carrots : Baby carrots work just as well-no slicing required.

Cheese : Add a bit of gouda or pepper jack for an extra kick in your mac.

Herbs : Use dried herbs if you're out of fresh, just reduce the amount by half. ??? Step-by-Step Instructions 1.

TIPS FOR SUCCESS

Rest the lamb chops after grilling to keep juices in.

Use whole milk in the mac for best creaminess.

Stir the cheese in slowly off heat to avoid grainy sauce.

Glaze carrots just before serving for that glossy finish. ?

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