

Keto Lamb Chops with Avocado Tomato Salad: A Bold 18-Minute, Low-Carb Dinner

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TIME
18 min

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INGREDIENTS

Swaps and Notes:

Herb Swap: Don't have dried parsley or oregano?

Fresh mint, basil, or dill are fantastic substitutes, especially for the Mediterranean vibe.

Oil Alternative: Avocado oil is a great option for high-heat grilling if you're out of olive oil.

Tomato Choice: Any garden tomato works, but smaller varieties (cherry, grape) hold their shape well in the salad.

Protein Change: If lamb isn't available, this salad pairs beautifully with grilled chicken thighs or a skirt steak. Check out my recipe for a great alternative protein base: [A Light Tangy Chicken Salad I Actually Crave](#) (and there's no mayo in sight)

Make it Dairy-Free: This recipe is naturally dairy-free!

? How to Make It: Step-by-Step Instructions:

1. Season and Prepare the Lamb:
2. Preheat the Grill or Skillet:
3. Grill the Lamb to Perfection:
4. Rest the Lamb:
5. Slice and Assemble the Salad:
6. Dress the Salad:
7. Plate and Serve:

? Tips for Success:

Don't Skimp on the Sear: Use high heat and don't crowd the pan/grill. The goal is a deep, flavorful

crust.

Season Heavily: Lamb can handle a lot of seasoning. Don't be afraid to use a generous amount of salt and pepper.

Rest is Non-Negotiable: Resting the lamb is the key to preventing the juices from running out when you cut it. Five minutes is the minimum rest time.

Use Ripe Avocado: The creaminess of a perfectly ripe avocado is essential for this salad.

? **Serving Suggestions and Pairings:**

Crisp Drink: A tart, refreshing beverage is the perfect contrast. Try my recipe for [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#).

Wine Pairing: A medium-bodied, savory red wine like a Pinot Noir or a bright, herbaceous white like Sauvignon Blanc complements the lamb and fresh salad.

Appetizer: If you're turning this into a multi-course meal, start with something easy and elegant like [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).

Nutritional Information (Per Serving):

? **Storage and Leftover Tips:**

Storage: If you have leftovers, store the cooked lamb chops and the salad separately in airtight containers in the refrigerator.

Lamb Leftovers: Cooked lamb will last for up to 3 days. It's excellent sliced thinly and added cold to a wrap or sandwich.

Salad Leftovers: The salad, due to the avocado, is best eaten within a few hours. The avocado will brown, though a squeeze of lemon juice can slow this process. I highly recommend making only as much salad as you plan to eat fresh.

More Recipes You Will Love:

For a different kind of hearty dinner: [Classic Spaghetti Recipe with Homemade Sauce](#)

If you're craving comfort food: [This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort](#)

Final Thoughts:

DIRECTIONS

1. **Prep :** Time: 10 minutes **Cook Time:** 8 minutes **Total Time:** 18 minutes **Service:** 1
2. **Season and Prepare the Lamb:** Pat the lamb chops dry. Brush them with a little olive oil. Generously season both sides with salt and freshly cracked black pepper. If using dried herbs, you can sprinkle a little on the chops as well.
3. **Preheat the Grill or Skillet:** Heat your grill (or a heavy cast-iron skillet) over high heat until smoking hot. For medium-rare, you need high heat to achieve that irresistible, rich, brown sear quickly.
4. **Grill the Lamb to Perfection:** Place the lamb chops on the hot surface. Grill for 3-4 minutes per side for a perfect medium-rare (internal temperature of 130°F to 135°F). Adjust time for your preferred doneness-cook to 140°F for medium.
5. **Rest the Lamb:** Remove the lamb chops from the heat and let them rest on a cutting board for at least 5 minutes. This is crucial! It allows the juices to redistribute, ensuring a tender, juicy chop.
6. **Slice and Assemble the Salad:** While the lamb rests, thinly slice the avocado, tomatoes, and white onion. Gently toss them together in a bowl.
7. **Dress the Salad:** Add the 1 tablespoon of olive oil, dried parsley or oregano, and season with salt and pepper to taste. If you like a zesty Mediterranean flavor, add a small squeeze of fresh lemon juice or a light drizzle of balsamic vinegar.
8. **Plate and Serve:** Serve the grilled, rested lamb chops immediately alongside the creamy Avocado Tomato Salad. Garnish with a final sprinkle of fresh herbs or a

finishing oil.

9. ? Tips for Success: Don't Skimp on the Sear: Use high heat and don't crowd the pan/grill. The goal is a deep, flavorful crust.
10. Season : Heavily: Lamb can handle a lot of seasoning. Don't be afraid to use a generous amount of salt and pepper.
11. Rest is : Non-Negotiable: Resting the lamb is the key to preventing the juices from running out when you cut it. Five minutes is the minimum rest time.
12. Use : Ripe Avocado: The creaminess of a perfectly ripe avocado is essential for this salad.
13. ? Serving Suggestions and Pairings: This rich and refreshing dish pairs wonderfully with a few simple sides:
14. Crisp : Drink: A tart, refreshing beverage is the perfect contrast. Try my recipe for This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days.
15. Wine : Pairing: A medium-bodied, savory red wine like a Pinot Noir or a bright, herbaceous white like Sauvignon Blanc complements the lamb and fresh salad.
16. Appetizer: If you're turning this into a multi-course meal, start with something easy and elegant like This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests.
17. Nutritional Information (Per Serving): This is an estimate based on the ingredients listed:
18. Export to : Sheets
19. Note: Nutritional values can vary based on the specific cut of lamb and the exact size of your avocado.
20. ? Storage and Leftover Tips: Lamb chops are best enjoyed immediately after resting.
21. Storage: If you have leftovers, store the cooked lamb chops and the salad separately in airtight containers in the refrigerator.
22. Lamb : Leftovers: Cooked lamb will last for up to 3 days. It's excellent sliced thinly and added cold to a wrap or sandwich.
23. Salad : Leftovers: The salad, due to the avocado, is best eaten within a few hours. The avocado will brown, though a squeeze of lemon juice can slow this process. I highly recommend making only as much salad as you plan to eat fresh.
24. More Recipes You Will Love: If you enjoyed this quick, bold, and satisfying meal, you might be interested in these other favorite recipes:
25. For a different kind of hearty dinner: Classic Spaghetti Recipe with Homemade Sauce

SWAPS & NOTES

Lamb Chops (Boneless or Bone-In) 2 Opt for thick, well-marbled chops for the juiciest result.

Should yield easily to gentle pressure.

Cherry or Heirloom Tomatoes 1 cup Sliced.

Cherry tomatoes offer a burst of sweetness.

TIPS FOR SUCCESS

Don't Skimp on the Sear: Use high heat and don't crowd the pan/grill.

The goal is a deep, flavorful crust.

Season Heavily: Lamb can handle a lot of seasoning.

Don't be afraid to use a generous amount of salt and pepper.

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

Original recipe: <https://chefmaniac.com/keto-lamb-chops-with-avocado-tomato-salad-a-bold-18-minute-low-carb-dinner/>