

20-Minute Lamb Chops with Avocado Tomato Salad

Grilled Lamb Chops with Avocado Tomato Salad



TIME
20 min

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INGREDIENTS

You'll Need:

- 2 lamb chops (bone-in or boneless)
- 1 ripe avocado, sliced
- 1 cup cherry or heirloom tomatoes, sliced
- 1/4 cup white onion, thinly sliced
- 1 tablespoon olive oil (plus extra for grilling)
- 1/2 teaspoon dried parsley or oregano
- Salt and freshly cracked black pepper, to taste
- Optional: squeeze of lemon juice or drizzle of balsamic glaze

DIRECTIONS

- 1.** Grill the Lamb to Juicy Perfection: Pat the lamb chops dry. Rub with olive oil and season generously with salt, pepper, and dried herbs.
- 2.** Preheat your grill or grill pan over high heat. Grill for 3-4 minutes per side for medium-rare (adjust for your preferred doneness). Remove from heat and let rest for 5 minutes to retain juices.
- 3.** Slice the Fresh Salad: While the lamb rests, slice the avocado, tomatoes, and white onion thinly. Arrange them in a bowl or on a plate.
- 4.** Dress the Salad: Drizzle olive oil over the salad. Sprinkle with parsley or oregano and season with salt and pepper. Add a squeeze of lemon juice if desired for a Mediterranean lift.
- 5.** Plate with Style: Place the grilled lamb chops beside the avocado tomato salad on a clean white plate. The contrast of colors makes this dish look as good as it tastes.
- 6.** Garnish & Finish: Optionally drizzle a touch of finishing olive oil or balsamic glaze and add fresh herbs for a gourmet finish.

SWAPS & NOTES

Herb options: Fresh rosemary or thyme pair beautifully with lamb.

Extra brightness: A squeeze of lemon enhances both the lamb and the salad.

Add crunch: Try adding cucumber slices or toasted pine nuts.

Serving for more people: Simply scale the recipe - it's easy to multiply for a dinner party.

TIPS FOR SUCCESS

Let the lamb come to room temperature before grilling for even cooking.

Don't skip resting time - this keeps the chops juicy.

Use ripe but firm avocado to maintain clean slices.

High heat is key for that beautiful sear.

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