

Lamb chops with thyme, rosemary and olive oil |

Recipe for 12 tapas



Description

Lamb chops roll in thyme and rosemary

Note

Let the chops temper for about 30 minutes before cooking.

Ingredients

The ingredients

- 12 Unit(s) Quebec lamb chops
- 3 Sprig(s) Rosemary
- 4 Sprig(s) Thyme
- 3 Head(s) Garlic
- Olive oil
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**
- Resting time **3 mins**

The preparations

Chop the thyme and the rosemary, mix it together. Cut the garlic head in half, drizzle of olive oil on the top, salt and pepper, put it in an aluminium foil and close it well. Cook it in the oven on 400F for 30 minutes. Strain the kidney beans. Mince the tomatoes.

The lamb chops

Season the chops on both sides, in a hot pan with vegetables oil, sear the chops on both sides. Roll it in the herbs mix, put it on a baking tray with parchment paper, finish the cooking in the oven on

400F for 6 minutes, and let it seat for 3 minutes.

The plating

In a small bowl or a Chinese spoon, put a warm chop, the humus with a pastry pocket and top it with the stripes of tomatoes.

Bon appétit!