



# Pistachio Crusted Roasted Lamb Chops

**30 minutes**

Hands on

**2-4**

Portion(s)

**1**

Difficulty



## Method

Photo credit: G. Drakopoulos - Food  
Styling: T. Webb

- Prepare the pistachio mixture you are going to spread onto the meat.
- Add the olives, capers, garlic, aromatics and lemon zest and beat in a blender. Add the olive oil, very slowly, until the mixture turns into a thick paste. So thick that it sticks to your spoon without dripping.
- Set aside in a bowl until the meat is prepared.
- Preheat oven to 210\* C (400\* F) Fan.
- Let a [pan](#) get very hot over high heat. Add 1 tablespoon of olive oil. Add the lamb chops and brown for 2 minutes on each side.
- Remove from pan and place in a [baking pan](#) lined with parchment paper.
- Spread each lamb chop or whole rack of lamb with the pistachio paste. It should be quite a thick layer.
- Roast for 4-5 minutes in the oven, to get medium cooked lamb chops.
- Remove from oven and allow them to rest for 5 minutes before serving.

## Tip

You can ask your butcher to remove any small bones from the chest so the meal can be even more presentable. If you have a sharp knife you can also do it on your own.

## Ingredients

- 80 g pistachios, shelled and toasted
- 100 g olives, green, pitted
- 2 tablespoon(s) capers, drained and rinsed
- 1 clove(s) of garlic, minced
- 1 tablespoon(s) oregano, fresh, only the leaves
- 2-3 tablespoon(s) parsley, only the leaves
- lemon zest, of 1 lemon
- olive oil, fresh
- 6 lamb chops, large
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

788 Calories (kcal)	69.0 Total Fat (g)	20.0 Saturated Fat (g)	3.4 Total Carbs (g)
39%	99%	100%	1%
2.4 Sugars (g)	35.0 Protein (g)	5.1 Fibre (g)	2.0 Sodium (g)
3%	70%	20%	25%