

Mediterranean Lamb Loin Chops with Quinoa Salad

Serving Size: Serves 4 to 6

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

1 teaspoon salt
1 teaspoon pepper
1 teaspoon smoked paprika
1 tablespoon olive oil
8 lamb loin chops, visible fat trimmed

Instructions

Combine salt, pepper and smoked paprika in small bowl. Pat lamb dry with paper towels. Rub both sides of chops with spice mixture.

Heat 1 tablespoon oil in large skillet over medium-high heat. Add lamb and cook until browned, about 6 minutes per side or until cooked to 145 degrees for medium rare, reducing heat to medium if needed. Remove to clean plate and let rest 5 minutes.

Grilling Instructions

If using a gas grill, turn all burners to high, close lid and heat until grates are hot, about 15 minutes. Scrape grates clean and brush with oil.

Grill lamb chops about 6 minutes per side or until cooked to 145 degrees for medium rare. Remove to clean plate and let rest 5 minutes.

Serve with Quinoa salad.

Quinoa Salad:

1 1/4 cups water
1 cup quinoa
1 cup frozen peas
1 1/4 cup feta, crumbled
2 teaspoons chopped fresh mint
1 teaspoon extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Place quinoa in a fine mesh strainer, rinse under cold water for 2 minutes.

In a medium saucepan combine water and quinoa, bring to a simmer, cover, reduce heat to low and cook, about 20 minutes. Add frozen peas halfway through cooking.

Remove from heat and let sit covered, 10 minutes.

Fluff with fork and gently stir in feta, mint, extra virgin olive oil, salt and pepper. Can be served warm, room temperature, or cold.