

Low-carb Lamb Chops with Buttery Herb Sauce



This spectacular Keto recipe is prepared to satisfy the cravings for flavorsome chops impressively! The zingy herb butter sauce can get anyone drooling.

Ingredients for 2 serving (US/Metric)

- 420g / 14.8oz **Lamb chop**
- 1 *tbsp* **Butter**
- 1.5 *tbsp* **Olive oil**
- 1.5 *tbsp* **Garlic Herb Butter**
- **Lemon**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 30%
- **Fat:** 70%
- **Net carbs:** 0%

Instructions

1. Take the lamb chops out of the fridge and leave them on the kitchen top to come down to room temperature (this helps achieve a perfect browned result). To save the chops from curling up, score the thickest area (by making 2-3 slashes).
2. Sprinkle salt & pepper on both sides of the chop.
3. **For Pan-fried chop:** Heat some olive oil along with butter in a frying pan. Place the seasoned chop on the pan and cook for 3-4 minutes. Flip and cook the other side for 3-4 minutes as well.
4. **For Grilled chop:** Brush olive oil on both sides of the chop and place it on the grill and cook each side for 3-4 minutes.
5. Cooking time will vary as per lamb chop thickness. That said, slightly pink on the inside is fine!
6. Transfer the pan-fried/grilled lamb chop to a serving dish. Serve with a bowl of melted butter mixed with fresh herbs and lemon wedges.