

# 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.