

GARLIC ROSEMARY LAMB CHOPS



Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes (+ 20 minutes marinating time)

Serves: 2

Rosemary and garlic are a classic pairing with lamb. This recipe adds a splash of Fresca Grapefruit for a sweet and citrusy punch.

INGREDIENTS

1/3 cup Fresca® Grapefruit, plus more for pairing
2 tbsp olive oil
1 tbsp red wine vinegar
3 cloves garlic, minced
4 tsp finely chopped fresh rosemary
1/2 tsp fennel seeds, crushed
1/2 tsp salt
1/2 tsp black pepper
1/4 tsp hot pepper flakes
8 lamb rib chops
2 tbsp finely chopped fresh mint

INSTRUCTIONS

1. In large bowl, stir together Fresca, oil, vinegar, garlic, rosemary, fennel seeds, salt, black pepper and hot pepper flakes. Add lamb chops and toss to coat. Marinate at room temperature for 20 to 30 minutes or in the fridge for up to 1 hour. Preheat grill to medium-high heat; grease grates well.
2. Remove lamb from marinade, shake off any liquid and discard marinade.
3. Grill lamb chops, flipping once, for 6 to 8 minutes for medium-rare, or until instant-read thermometer registers 145°F when inserted horizontally into thickest part of lamb without touching bone. Let rest for 5 minutes.
4. Sprinkle with mint before serving and pair with Fresca.

Tip: For a full-meal presentation, serve grilled lamb chops over bed of arugula. For an easy side sauce, serve with tzatziki sauce, chimichurri, garlic aioli or chipotle mayonnaise.