

# Fresh Canadian Lamb



**BBQ**

# Salsa lamb chops

Serves four

Preparation time: 30 minutes + 30 minutes marinating

Cooking time: 5 to 10 minutes

Cost: \$\$\$\$

## Ingredients

12	Lamb chops	12
4	Limes, juice and zest	4
3	Garlic cloves, crushed	3
1 tsp	Chili powder	5 ml
3	Tomatoes, diced	3
2	Garlic cloves, chopped	2
¼ cup	Fresh coriander, chopped	50 ml
1	Jalapeno pepper, chopped	1
½	Onion, chopped	½
	Salt and pepper (to taste)	
1 tbsp	Canola oil	15 ml

## Method

Mix the lamb with lime juice, crushed garlic, and chili powder, and marinate in a glass container covered with plastic wrap for at least 30 minutes (24 hours maximum). For the salsa, combine the rest of the ingredients with 1 tsp (5 ml) of lime zest. Season the chops and cook them on a preheated grill at medium-high heat for 5 to 10 minutes on each side. Serve with the salsa, and a side-dish of black bean rice.

*The chops can also be cooked on the stove, broiled in the oven, or barbecued.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

**BBQ**

## Per serving:

Calories: 322; Fat: 12.4 g; Protein: 43.0 g; Cholesterol: 135 mg;

Sodium: 162 mg; Carbohydrate: 8.8 g; Fibre: 1.0 g