

# peri peri lamb chops

prep time 10min

cooking time 15min

serves 4



this recipe is free from gluten, dairy and sugar.

## ingredients

8 certified organic, grass-fed lamb loin chops  
1/4 cup extra virgin olive oil  
juice of 1/2 lemon  
3 cloves garlic, crushed  
3 tsp paprika  
2 tsp dried oregano  
1 tsp dried chilli flakes  
pinch salt

## method

1. combine peri peri marinade ingredients.
2. add lamb chops and coat well.
3. place chops onto a hot grill pan or BBQ. cook for 4 minutes each side or until cooked to liking. allow to rest. Pour over any remaining juices.

