

Lamb Chops with fresh Pomegranate sauce



Cooking time: 30 minutes

Serves: 4

how to cook

- 1 Cook the potatoes in boiling water.
- 2 Melt the butter and oil in a pan then fry the lamb for 6 minutes, turning halfway to brown both sides. Remove from the pan and keep warm.
- 3 Add the onion and rosemary to the same frying pan and stir-fry for 3-5 minutes, then pour in the wine. Allow the liquid to reduce by half before adding the balsamic vinegar, honey and stock until the sauce has thickened
- 4 Cut the pomegranate in half horizontally. Hold one half over the pan, cut side down, and firmly tap the skin with a spoon to release the seeds and juice. Simmer for a further 3-4 minutes.
- 5 Drain and mash the potato, season then serve with the chops and sauce.

what you need

- 8 John Penny lamb chops
- 375g potatoes peeled and cut into chunks
- knob of butter
- 1tsp olive oil
- ½ small onion, finely chopped
- 2 sprigs rosemary
- 50ml red wine
- 2tsp balsamic vinegar
- 1tsp clear honey
- 100 ml lamb stock
- ½ fresh pomegranate

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