

Sticky Lamb Chops with Minted Pea & Tomato Relish



Preparation: 25 mins

Chilling Time: 60 mins

Cooking Time: 16 mins

Serves: 4

how to cook

- 1 Mix the mustard and honey together in a small bowl and set aside.
- 2 In a large, shallow bowl mix together 3 tablespoons of the olive oil, the fresh rosemary, chives, bay leaves and crushed garlic. Add the lamb chops, cover and marinate for up to 1 hour in the refrigerator.
- 3 Cook the peas in boiling, lightly salted water for 2-3 minutes. Refresh under cold, running water. Drain and set aside.
- 4 Preheat the barbecue or grill.
- 5 To make the relish, whizz the peas, spring onions, mint, remaining olive oil and vinegar in a food processor. Season and stir in the tomatoes.
- 6 Brush the chops on both sides with the mustard and honey glaze. Cook on the barbecue or grill for 12-16 minutes, turning occasionally, until any meat juices run clear.
- 7 Serve the chops with the relish and some crusty bread.

what you need

- 8 x John Penny lamb chops
- 2 tablespoons French Dijon mustard
- 2 tablespoons runny honey
- 4 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped
- 2 tablespoons fresh chives, chopped
- 2 fresh bay leaves, torn into pieces
- 2 garlic cloves, peeled and crushed
- 175g shelled peas
- 2 spring onions, roughly chopped
- Small handful fresh mint, chopped
- 2 tablespoons white wine or cider vinegar
- 50g cherry tomatoes, roughly chopped