

 Preparation: 10 mins
Cooking: 15 mins

 Serves: 4

 Difficulty: easy



Midweek lamb chop roast

Succulent oven-baked lamb chops, crispy baby potatoes and a medley of spring greens, all done and dusted in under half an hour. This simple, wholesome midweek dinner is packed with flavour.

INGREDIENTS

- 8–12 lamb chops (depending on size; approx. 1.2kg)
- 2 tbsp olive oil
- 6 garlic cloves, crushed
- 600g new potatoes, skin on, washed
- 250g peas
- 250g broccoli
- 125g asparagus
- Salt & pepper, to taste

RECIPE

1. Take the lamb chops out of the fridge around 1 hour before cooking – this helps them cook evenly and stay nice and tender.
2. Preheat your oven to 220°C/gas 7 with two trays inside (avoid using the fan setting, as the fat from the meat will smoke out your kitchen).
3. Mix 1 tablespoon of the olive oil with the garlic and coat the lamb chops.
4. Halve the potatoes and tip them into a bowl. Drizzle over the remaining olive oil, season with salt and pepper, and toss until evenly coated.
5. Place the lamb chops on the top tray and arrange the potatoes on the bottom tray. Roast for 15 minutes, turning everything halfway through and swapping the trays to ensure even cooking and a golden finish.
6. Meanwhile, add the peas to a large pan and barely cover with water. Bring to the boil, then place the broccoli and asparagus on top. Cover and steam for about 5 minutes. Drain and season to taste.

Plate everything up and tuck in while it's hot! Who says roasts are just for Sundays!

