

Provimi Marinated Lamb Chops With Herbs

Servings: 4; Preparation Time: 10 min.

Ingredients

8 Lamb Rack Chops, approx. 3 oz. ea.
1/2 c. dry red wine
4 Tbs. fresh mint leaves, chopped
1 tsp. dried mint flakes
4 Tbs. low-sodium soy sauce
3 tsp. fresh rosemary, chopped
1/2 tsp. dried rosemary
1 tsp. coarsely ground pepper
2 garlic cloves, crushed
4 oz. Provimi Glace d' Agneau (Lamb)
4 fresh rosemary sprigs, as a garnish



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Directions

Trim fat from chops; set aside.

Combine wine and next 7 ingredients in a large zip-top heavy-duty plastic bag. Add chops; seal bag and marinate in refrigerator 8 hrs., turning bag occasionally. Remove chops from bag, reserving marinade.

Prepare grill or broiler. Place chops on grill rack or broiler

pan, and cook 4 min. on each side or to desired degree of doneness, basting frequently with reserved marinade.

Heat Lamb Glace and put a little under each lamb chop and finish by drizzling some over the top of the chop. Garnish with fresh rosemary sprigs and serve.

Per Serving (excluding unknown items): 281 Calories; 20g Fat (69.4% calories from fat); 16g Protein; 4g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 754mg sodium. Exchanges: 0 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 3 Fat.



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