



Lamb Lollipops

WITH CHEF JEN

INGREDIENTS:

- 8 lamb lollipops (small chops)
- 4-5 garlic cloves, minced
- 3 tablespoons olive oil
- 5-7 sprigs of fresh rosemary, removed from sprig
- salt and pepper to taste

DIRECTIONS:

1. Season each side of the lamb liberally with salt, pepper. Then garlic and rosemary. Press down into lamb so that the garlic and rosemary stick.
2. Heat olive oil in a cast iron skillet on medium-high heat. Once hot, add a sprig of rosemary into the skillet and spread evenly (about 2 tablespoons of rosemary removed from the stem). Add the lamb and sear 4-5 minutes per side for medium. Garnish lamb with fresh rosemary if desired and serve immediately.

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