

JERK LAMB CHOPS



Ingredients

- 8 lamb chops
- 1/2 cup of Jerk Sauce
- 1 tablespoon olive oil
- 1/2 teaspoon salt

Instructions

- In a small bowl, mix together the Jerk Sauce, olive oil, and salt.
- Place the lamb chops in a shallow dish and coat them evenly with the Jerk Sauce mixture.
- Cover the dish with plastic wrap and marinate the lamb chops in the refrigerator for at least 2 hours, and up to 24 hours.
- Preheat a grill or grill pan to medium-high heat.
- Grill the lamb chops for 4-6 minutes on each side.
- Serve the lamb chops hot off the grill, with additional Jerk Sauce on the side for dipping!

Feeling
HOT
HOT
HOT

