

# LAMB BBQ CHOPS WITH GRILLED PEACHES & ROCKET

## INGREDIENTS

SERVES 4-6

- 1kg forequarter lamb chops, trimmed
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 tsp dried oregano
- 3 cloves of garlic, crushed
- Salt and pepper to season
- Extra lemon wedges to serve

### Grilled Peach & Rocket Salad

- 4 peaches, stones removed, quartered
- 150g marinated feta in oil (oil reserved)
- 2 tbsp red wine vinegar
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 150g baby rocket leaves
- 1/2 cup almonds, toasted, chopped
- Parsley leaves to serve

## METHOD

1. Pat dry lamb with paper towel. Mix olive oil, lemon juice, oregano and garlic together in a bowl. Season with salt and pepper. Cover and refrigerate for 30 minutes to 1 hour. Bring lamb to room temperature for 30 minutes before cooking.
2. In a small bowl, place 1/4 cup of reserved oil from feta, red wine vinegar, lemon juice and Dijon mustard, season with salt and pepper. Whisk to combine.
3. Heat a chargrill pan over medium-high heat. Brush flesh of peaches with olive oil, place on chargrill pan. Cook for 2-3 minutes each side. Remove from heat. Increase heat to high.
4. Add lamb and cook, in batches for 4-5 minutes each side until marks appear and lamb is cooked to medium. Set aside to rest for 5 minutes. Toss rocket and peaches in serving bowls, drizzle with dressing. Crumble over feta and top with toasted almonds and parsley leaves.
5. Serve lamb with salad and lemon wedges.

## TIPS

- You can also use lamb leg steaks, lamb cutlets, lamb loin chops or lamb chump chops for this recipe.
- Pistachios, pecans and walnuts will also work well as a substitute for almonds.
- Mix up the salad by grilling pears or nectarines.

