## LOIN LAMB CHOPS, BABY LENTILS AND ROASTED CAPSICUM

Serves 4



## INGREDIENTS

8 mid loin lamb chops

1 tbsp chopped rosemary

1 tsp chopped garlic

2 large red capsicums

80ml extra virgin olive oil

30ml balsamic vinegar

30g green lentils

2 thsp diced onion

1 tbsp olive oil

1 cup chicken stock

2 tbsp chopped parsley

sea salt

black pepper

## ${\tt METHOD}$

- 1. Marinate the lamb chops with rosemary and garlic.
- 2. Cut the capsicums lengthwise into quarters, rub with olive oil and roast until slightly charred. Dress with balsamic.
- 3. Cover the lentils with cold water and boil for 5 minutes. Allow to stand for 10 minutes, then strain.
- 4. Grill the lamb chops.
- 5. To finish the lentils, sauté the onion in 1 tbsp olive oil, add the lentils, capsicum and chicken stock. When hot, stir in the parsley and season with sea salt and cracked black pepper.