



WHISKEY MUSTARD LAMB CHOPS

Serves 6

Preparation Time: 1 hour

INGREDIENTS:

Jars of Goodness Whiskey Mustard

6 lamb chops

½ cup fresh pineapple juice

3 garlic cloves

2 tbs fresh, chopped oregano

1 tsp freshly ground black pepper

1 tsp salt

Olive oil

METHOD:

1. Preheat your grill to medium.
2. Using a pestle and mortar crush together the garlic, salt, pepper and oregano to create a paste.
3. Stir 1 tbs of Jars of Goodness Whiskey Mustard, 2 tbs of olive oil and the pineapple juice together in a small bowl and add the garlic/ herb paste.
4. Place the lamb chops in a sealable plastic bag and pour in the marinade.
5. Coat the chops by moving them around in the bag, dispel as much air as possible and seal.
6. Leave the bag to marinate for at least 20 minutes or no more than 1 hour.
7. Remove the chops from the marinade and grill for 4 minutes on the first side, and 3 minutes on the second side, to get them medium/ rare, or more depending on how done you like your chops.
8. Let rest for 5 minutes and serve with potato wedges or your starch of choice.