

# BROILED LAMB CHOPS WITH CHARRED BLOOD ORANGES AND BROCCOLI SIDE

Preparation: 30 minutes | Cooking: 30 minutes | Servings: 4

## INGREDIENTS

8 lamb loin chops, 1 1/2-inch thick and trimmed  
2 blood oranges  
6 cloves of garlic, finely chopped  
6 sprigs of fresh rosemary  
1 medium broccoli head  
3 tablespoons EVOO  
1 tablespoon fresh rosemary, finely chopped  
1/2 teaspoon kosher salt



## INSTRUCTIONS

Start by zesting your blood oranges. Cut the oranges in half and set them aside. Mash your garlic and salt into a paste with a fork or the side of a knife, then transfer into a small bowl and stir in the zest, oil and chopped rosemary. Arrange your rosemary sprigs on a plate and place the lamb chops on top of the sprigs. Save 2 tablespoons of the garlic paste for later and spread the rest over your lamb chops. Let your chops stand at room temperature for 30 minutes or refrigerate for up to 2 hours. Position a rack in the upper third of the oven and preheat your broiler. Place your orange halves on a baking sheet with the flat side up. Scatter the rosemary sprigs around the oranges and place the chops on top without touching other chops. Broil for 13 to 15 minutes or until the oranges are charred and an instant read thermometer registers 140 degrees for medium rare. Spoon the saved paste over the lamb chops. Cut the oranges into wedges and serve with the lamb for squeezing. Steam or stir fry your broccoli to your liking and serve together.