



## **Grilled Lamb Chops with Anchovy, Parsley & Caper Gremolata**

Full of Mediterranean flavour, gremolata is an Italian herb sauce redolent of lemon zest, parsley and garlic. Delicious with most meats, the salinity of anchovy and capers works particularly well with the richness of lamb rib chops.

Prep time: 15 mins plus marinating /Cook time: 10 mins /Serves: 4

You will need:

- 8 – 10 lamb rib chops
- 35ml olive oil
- 3 garlic cloves
- 1 large lemon
- A handful of fresh flatleaf parsley
- 6-8 caper berries
- 2-3 brown anchovy fillets
- Coarse ground sea salt and black pepper

Arrange the rib chops in a dish and lightly season with salt and pepper. For the gremolata, peel and finely chop the garlic and add to a bowl. Juice and zest the lemon. Sprinkle the lemon zest over the parsley and chop finely. Add the herbs, zest and lemon juice to the garlic.

Roughly chop the capers and anchovy fillets and add to the bowl. Season with black pepper but no salt. Pour in the olive oil and stir to combine. Spoon the gremolata over the lamb chops and leave to marinate for at least an hour.

Grill the chops over high to medium coals, making sure to crisp the fat that runs along the outer side. Serve with extra lemon wedges, a chopped fennel salad and roasted sweet potatoes.