

LAMB CHOPS

Ingredients:

- 500g Lamb chops
- 1 tablespoon **Atlas Steak Braai Spice**
- ½ teaspoon chopped green chillies or crushed
- ½ teaspoon finely chopped garlic or crushed
- Few drops of lemon juice or vinegar
- ½ onion finely sliced: salt to taste
- little oil only if necessary

Method:

Rub **Atlas steak braai spice**, garlic and chillies onto chops. Sprinkle over lemon juice. Place in hot pot or pan. Sear on both sides. Reduce heat and simmer chops till soft. Raise heat to medium, add onions and let liquid evaporate. Brown chops on both sides, garnish with green dhania (fresh coriander leaves). Serve with vegetables and savoury rice.

Optional: Add 1 chopped tomato or a tablespoon of tomato puree before garnishing.