Lamb with Cucumber Glaze and Homemade Tzatziki



What You'll Need

› 2 Lamb Chops
› Rosemary or thyme chopped fine.
› 1 tbsp. olive oil

Cucumber Tzatziki Sauce

› 1 Long English cucumber
› 1 cup of plain yogurt. (Tip: Drain yogurt in a strainer to remove excess liquid)
› 1 clove of garlic, minced.
› ¼ cup of finely chopped dill (mint can be used as an option)
› 2tbsp. Olive oil
› Juice from ½ lemon
› Salt to taste

Cucumber Glaze

› Liquid from Long English Cucumber
› 2 tbsp olive oil
› Juice from 1 lemon

Directions

Lamb chops:
1. Preheat oven at 400
2. Drizzle olive oil over chops and season with salt and pepper along with finely chopped fresh rosemary and thyme.
3. In an oven-proof pan, heat on stove top over med/high heat.
4. Add olive oil to the pan and sear chops until a crust has formed on both sides.
5. Place lamb chops in the oven for an additional 5-8 minutes or until the flesh is pink.

Cucumber Tzatziki Sauce:
1. Grate the cucumber on a cheese grater and squeeze the liquid out. Reserve liquid for the glaze.
2. Combine the grated cucumber, minced garlic, and a pinch of salt and pepper.
3. Add olive oil, dill, and mix. Refrigerate for 30 minutes to 2 hours before serving.

Cucumber Glaze:
1. Combine liquid from long English cucumber, olive oil, and lemon juice. Baste lamb while cooking.

Serve with pita bread and enjoy.