

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.