



## Lamb Chops with Herbs & Roasted Figs

**Active Time:** 30 minutes | **Total Time:** 12 hours | **Serves:** 8

### Nutrition Information Per Serving

310.2 calories, 6.46 g carbohydrate, 1.04 g fiber, 5.42 g NET carbs, 34.75 g protein, 15.55 g fat

#### Ingredients

- 5 medium(s) organic figs, halved lengthwise
- 2 clove(s) organic garlic, sliced
- 1 Tbsp. fresh rosemary, chopped
- 1/4 tsp(s) sea salt
- 4 tsp(s) fresh thyme, chopped
- 1/4 tsp(s) freshly ground black pepper (to taste)
- 2 Tbsp(s) organic extra virgin olive oil
- 1 Tbsp virgin avocado oil
- 48 ounce(s) grass-fed rack of lamb, trimmed

#### Preparation

1. Combine herbs in small bowl. Rub lamb with half the olive oil, half of chopped herbs, and garlic. Cover and chill overnight.
2. Preheat oven to 425 degrees F.
3. Heat avocado oil in large skillet over medium-high heat. Sprinkle lamb with salt and pepper; sear until light brown on both sides, about 5 minutes total.
4. Transfer lamb to large rimmed baking sheet. Roast about 20 minutes for medium-rare. Transfer lamb to cutting board; let rest 5 to 10 minutes.
5. Meanwhile, prepare figs. Place figs on baking sheet. Sprinkle with remaining herbs and drizzle with extra-virgin olive oil. Roast in oven at 425&deg;F for 10 minutes.
6. Cut lamb racks into individual chops; arrange on plates and serve with figs alongside.
7. Serve.

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