

CARBCONTROL RECIPES

MAINS

Lamb Chops – serves 4

8 Lamb chops
garlic powder or fresh garlic to season
2 tbsp butter – or olive oil
2 tbsp Worcestershire sauce
2 tbsp lemon juice
2 tbsp gin
1 tsp seasoned salt

rub lamb chops with garlic powder or finely chopped fresh garlic clove. Melt butter and add W.sauce, lemon juice, gin and salt. Pour mixture over lamb chops and marinate for 30 minutes before grilling.