

# Seared Lamb Steak-with Garlic and Rosemary

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-style-lamb-steak-recipe>

## Ingredients:

- 1 pound lamb steak
- 2 tablespoons olive oil
- 2 cloves garlic
- 2 teaspoons fresh thyme chopped
- 1 teaspoon fresh rosemary chopped
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper

## Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 160 milligrams
4. Fat: 68 grams
5. Protein: 39 grams
6. SaturatedFat: 23 grams
7. Sodium: 1320 milligrams

---

Thank you for visiting our website. Hope you enjoy Seared Lamb Steak-with Garlic and Rosemary above. You can see more 18 indian style lamb steak recipe Unlock flavor sensations! to get more great cooking ideas.