

Lamb Chops with Cilantro-Mint Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-bbq-lamb-ribs-recipe>

Ingredients:

- 2 teaspoons minced ginger
- 1/4 cup fresh mint leaves packed
- 1/4 cup cilantro leaves packed fresh
- 1 tablespoon honey
- 1/4 cup rice wine vinegar
- 1/2 cup canola or other mild vegetable oil
- ground black pepper
- salt
- 8 rib lamb chops up to 3/4-inch thick
- fresh mint leaves for garnish, optional

Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 185 milligrams
4. Fat: 97 grams
5. Protein: 34 grams
6. SaturatedFat: 38 grams
7. Sodium: 290 milligrams
8. Sugar: 4 grams

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