



LAMB CHOPS AND COUSCOUS GOURMET



4 servings



10 min.



30 min.



30 min.

INGREDIENTS

2 bags of TIPIAK Couscous Gourmet

12 lamb chops, approximately 4 cm
(1 1/2 in) thick, fat removed

60 ml (1/4 cup) olive oil

30 ml (2 tbsp) lemon juice

2 large garlic cloves, sprouts removed
and finely chopped

Tzatziki, homemade or store bought,
to serve

Mint or cilantro leaves, to garnish

Salt and ground pepper

COOKING INSTRUCTIONS

1. In a large glass dish, mix the olive oil, the lemon juice and the garlic. Add the lamb chops and cover them with the marinade. Cover with a plastic wrap and let marinate in the refrigerator for 30 min. Remove from the refrigerator a few min before cooking.
2. Cook the TIPIAK Couscous Gourmet according to the directions on the packaging. Pour the couscous in a large bowl and fluff with a fork. Set aside.
3. Preheat the bbq to high heat. Oil the grill. Season both sides of the lamb chops with salt and pepper. Grill them for 4 or 5 minutes on each side for medium-well done. You can also cook the lamb chops in a hot cast-iron pan.
4. Serve the lamb chops on the couscous. with the tzatziki sauce. Garnish with mint or cilantro leaves.