

Lamb Chops with Mint Chimichurri

Cooking Instructions

This dish includes 2 parts: Lamb Chops and Mint Chimichurri.

Preparation: Thaw lamb chops.

Tip: To quickthaw, transfer lamb chops to a Ziploc bag if not already in one, squeeze air out, and seal tightly. Submerge sealed chops in warm water for 15–20 minutes, until thawed.

Cooking Method – Choose One:

Sauté: Heat 2–3 Tbl oil in a skillet over medium heat. Sauté lamb chops until desired doneness, approximately 5–7 minutes per side.

Grill: Grill chops over medium heat until desired doneness.

Internal temp: 145°F.

Mint Chimichurri: Stir/shake Mint Chimichurri to mix well and serve on the side.

Serving Suggestions: Serve with white rice or mashed potatoes and sautéed asparagus. Pinot Noir.

Please Note: Cooking times are estimates and vary based on your actual stovetop or grill, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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