

Sticky Lamb Chops with a Sticky Orange Glaze



Serves 2 Prep 5 mins

Cooking 15 mins

Easy

Ingredients

6 lamb chops , French-trimmed (600g in total)

200 g mixed-colour baby heritage carrots, halved lengthways

3 oranges

½ a bunch of fresh thyme (approx 15g)

If you can't get baby heritage carrots, get ordinary baby carrots instead

1. Score the fat of the lamb chops, season them with sea salt and black pepper, then line them up, like a rack, and sit them together fat edges down in a large shallow casserole pan on a medium-high heat. Leave for 5 minutes to render and crisp up. Trim and add the whole baby carrots (halving any larger ones) turning them regularly.
2. Gently turn the chops on to their sides, to cook for 2 minutes on each side, or until golden, but still pink in the middle. Meanwhile, use a speed-peeler to peel strips of zest from 1 orange. Sprinkle them into the pan with the thyme sprigs, and toss it all together for just 30 seconds to get the flavours going.
3. Remove the chops to a plate to rest, then squeeze the juice from all 3 oranges into the pan. Let the juice bubble and reduce until sticky, quickly toss the lamb back in with its resting juices, then it's time to dish up.