

COMBINING RIGHT RECIPES

MAIN MEALS

Protein

Lamb Chops with Endive Salad – serves 2

1 small sprig rosemary
4 Tbsp olive oil
1 Tsp lemon juice
1 tsp dried thyme
sea salt
4 lamb chops
1 small onion
1 clove garlic
1 endive
8 cherry tomatoes

Separate rosemary needles from stem and chop finely. Mix with 3 Tbsp oil, lemon juice, thyme and salt. Brush meat with mixture and let marinade for 30 minutes (ideally, marinade the day before for better taste). Preheat grill. Finely chop onions and garlic. Cut lettuce in fine strips, wash and dry. Wash tomatoes and halve. Remove lamb chops from marinade and grill about 4 minutes on each side. Heat the rest of the oil in a pan with a lid. Saute onions and garlic until transparent. Toss endive in the pan, season with salt and simmer, covered, for about 3 minutes. Serve lamb chops and tomatoes on a plate with endive.