

# Extremaduran Lamb Chops

## Ingredients

- 2 lbs lamb loin chops
- salt to taste
- olive oil
- 3 garlic cloves, sliced
- 1/4 cup parsley leaves, very finely minced
- 1/2 cup white wine
- freshly ground pepper

## Directions

Season lamb chops with salt to taste. Heat a thin layer of olive oil in a frying pan over medium-high heat. Add the lamb chops, in batches if necessary, and cook for 3 minutes. Flip and cook for 2-4 minutes or until done to your liking. Remove chops from pan.

Lower heat to medium. Add the garlic slices and sauté until they start to brown, about 1 minute. Add the white wine and the minced parsley. Cook until it reduces by half.

Return lamb chops to the pan and coat with the sauce on both sides. Season with freshly ground pepper. Turn off heat and let rest for 5 minutes before serving.