

# SPANISH LAMB CHOPS

WITH SAFFRON & ALMONDS

SERVES 4

PREP TIME:

20 MINUTES,  
PLUS SOAKING AND  
MARINATING

COOK TIME:

25 MINUTES

6-8 thick lamb loin chops  
3 tablespoons (45 ml)  
extra virgin olive oil  
3 large sprigs fresh thyme  
3 tablespoons silvered  
almonds, soaked and dried  
6 small/medium shallots,  
sliced  
4 large cloves garlic,  
minced  
½ cup (80 ml) sherry  
vinegar  
½ cup (50 g) green olives  
½ cup (50 g) black olives  
½ cup (125 ml) rich chicken  
bone broth  
½ teaspoon saffron  
stamens  
2 tablespoons (8 g) finely  
chopped fresh flat-leaf  
parsley

**Almonds have many benefits in our diet. They are high in key nutrients that support healthy brain function and help control blood sugar regulation. However, most nuts are high in omega-6, which, when eaten too often and in large quantities, may contribute to inflammation. The saying “everything in moderation” definitely applies when eating them, so moderation is what you get in this recipe. See page 12 for how to prepare the almonds.**

Put the lamb chops in a shallow dish and add the oil and thyme sprigs. Turn the lamb over to coat, cover, and leave to marinate in the fridge for at least an hour, overnight if possible.

When you're ready to cook, remove lamb chops from the fridge and allow them to come to room temperature.

Put a heavy-based frying pan over medium heat and, when hot, add the silvered almonds. Toast for a minute or so until golden, shaking the pan frequently to avoid burning. Transfer to a cold plate to stop them cooking further.

Stack the chops together and place them fat edge down in the pan until browned along the edges. This allows the fat to render down into the pan. Then lay the chops down and cook for 3 minutes each side, depending on how thick they are and what degree of doneness you prefer. Remove the lamb and keep warm.

Add the shallots and garlic to the pan, lower the heat, and cook for 5 minutes or until softened. Add a little oil to the pan if it looks dry. Raise the heat to medium again and pour in the sherry vinegar, scraping up any sediment and incorporating it into the pan to add flavor. Add the olives, broth, saffron, and lamb juices. Bring to a simmer and allow to bubble for 2 minutes, or until the liquid has reduced by half.

Put the lamb chops onto plates and spoon the sauce around. Scatter the parsley and toasted almonds over the top, and serve.