

# Alberta Lamb Roasted Chops with Fresh Tomato Salsa



## Your Notes

### Ingredients:

**Lamb:** 4, 2-bone Alberta Lamb chops, 2 tbsp olive oil, 1 tsp cracked pepper, Salt and pepper

**Salsa:** 4 Roma tomatoes (chopped), 4 tbsp olive oil, 1 small red pepper (diced), 1 small green pepper (diced), ½ large red onion (diced), 3 cloves garlic (chopped), 1 sprig fresh rosemary (chopped), 2 sprigs fresh mint (chopped), 1 sprig fresh basil (chopped), 1 tin mixed beans, ½ litre white wine

### Method:

**Lamb:** Rub the lamb with olive oil and season with pepper and salt. Roast in a pre-heated oven at 350°F until the internal temperature of the lamb is at least 145°F.

**Salsa:** In a deep sauce pan sauté the tomatoes, peppers, onion, garlic, rosemary, basil, mint and beans. Add the white wine and reduce by half, season with salt and pepper.

Place the salsa on a plate and top with lamb. Steamed carrots, asparagus or other vegetables such as broccoli or cauliflower can be added.

*Photo and recipe credit: David Flegel*



**GREAT** taste!  
[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)