

# BBQ Forequarter Chop with Asparagus and Lemon Risoni



A succulent lamb recipe. A must try!

## **Ingredients**

- 4 Lamb Forequarter Chops
- 2 tbsp Olive Oil
- 1 tbsp Thyme Leaves, finely chopped +extra, to serve
- 1 Eschallot, finely diced
- 2 Garlic Cloves, Crushed
- 300g Risoni Pasta
- 1 Bunch Asparagus, cut into 3cm lengths
- 1 Zest and juice 1 lemon
- 625ml Vegetable Stock
- 2 Table Spoon Sour Cream
- $\frac{1}{3}$  Cup Sun-dried Tomatoes, roughly chopped

½ Cup Frozen Peas, thawed

100g Goats Cheese

1 Long red chilli, thinly sliced, to serve (optional).

### **Method:**

1. Place lamb chops, half the oil and thyme in a large snap-lock bag. Heat a large char-grill pan or barbecue over medium-high heat. Cook chops for 4-5 minutes each side, or until cooked to your liking. Rest on a plate loosely covered with foil for 5 minutes.
2. Meanwhile, heat remaining oil in a large non-stick frying pan over medium heat. Add eschallot and cook for 1-2 minutes. Add garlic and cook for 30 seconds. Add risoni and stir for 1 minute to coat. Add asparagus and cook for 1 minute. Add lemon juice, lemon zest and stock.
3. Bring to a boil then reduce heat to a simmer and cook for 12-14 minutes or until the pasta is tender, adding more liquid if required.
4. Remove pan from the heat and stir through sour cream, tomatoes and peas.
5. Serve lamb chops with risoni topped with goats cheese, extra thyme and chilli, if desired.