



# PARVEEN'S INDIAN KITCHEN

## SPICY MARINATED LAMB CHOPS WITH MINTY DIP



### INGREDIENTS

- 200g full fat Greek yoghurt
- 3 tsp garam masala (see Parveen's separate recipe)
- 1 tsp paprika
- 2-3cm fresh ginger, finely grated
- 4 cloves garlic, finely grated
- 2 tsp tamarind paste
- 9 lamb chops
- 2 tbsp vegetable oil
- Salt for seasoning
- Lime wedges to serve

### FOR THE MINTY DIP

- 2 handfuls coriander leaves
- 1 handful mint leaves
- 1½ tsp chaat masala
- 4 tbsp full fat Greek yoghurt
- Salt to taste

### METHOD

1. Place all of the ingredients (except the lamb chops and oil) into a large bowl then mix together to make the marinade.
2. Add the chops individually, ensuring each one is well covered then set aside for 30 minutes to infuse.
3. Meanwhile... place all the mint sauce ingredients into a mini food processor then blend until smooth. Set aside until you're ready to serve.
4. Preheat your oven to 200°C.
5. Heat the oil in a large frying pan then cook the lamb chops for 2 minutes each side, before transferring to a lined baking tray then oven cook for a further 3 minutes until cooked through.
6. Serve hot with your minty dip and lime wedges - enjoy!

*Parveen*  
x

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[parveenashraf.com](http://parveenashraf.com)

