**MINICHEF RECIPES**

by Noah - Healthy & Fun Cooking for Kids

# Lamb Chops with Apple Sauce

Flavorful & Elegant Dinner 🐑🍎 Tender lamb meets tangy apple perfection

| PREP TIME | COOK TIME | SERVINGS |
|---|---|---|
| 10 min | 20 min | 4 |

## 🛒 Ingredients

- **8** Lamb chops (4 oz each)
- **2 tbsp** Olive oil
- **2 cloves** Garlic, minced
- **2 tbsp** Fresh rosemary, chopped
- **½ tsp** Salt
- **¼ tsp** Black pepper
- **3** Apples, peeled & chopped
- **1 cup** Apple cider
- **2 tbsp** Honey
- **1 tbsp** Lemon juice

- **½ tsp** Cinnamon
- **Garnish** Fresh parsley, chopped

## Directions

1. **Prep lamb:** Preheat oven to 400°F (200°C). Rub lamb chops with olive oil, garlic, rosemary, salt, and pepper.
2. **Sear:** Heat olive oil in large skillet over medium-high. Sear lamb chops 2-3 min per side until browned.
3. **Roast:** Transfer to baking sheet. Roast 10-15 min to desired doneness. Let rest few minutes.
4. **Make sauce:** In saucepan, combine apples, cider, honey, lemon juice, and cinnamon. Boil, then simmer 10-15 min until thickened.
5. **Serve:** Arrange lamb on platter, spoon apple sauce over top. Garnish with parsley and enjoy!

### Nutrition Info

| CALORIES | PROTEIN |
|---|---|
| 450 | 25g |
| **CARBS** | **FAT** |
| 20g | 25g |

### Pro Tips

- Add fresh mint to apple sauce for refreshing twist
- Add red pepper flakes for spicy kick
- Try thyme & parsley for herb-crusted version
- Store lamb & sauce separately up to 2 days in fridge