Masala Lamb Chops

Ingredients

- 6 tablespoons Maggi Masala Chilli Sauce
- 1 teaspoon Maggi Liquid Seasoning
- 3 tablespoons Honey
- 500 g Lamb Chops
- 5 g Fresh Thyme

Instructions

1. Mix the Maggi Masala Chilli Sauce with the honey and liquid seasoning in a large bowl. Add the lamb chops and allow to marinade for 10 minutes.

2. Add chops to a hot large fry pan or griddle and cook on both sides for four minutes or until golden brown. Alternatively barbecue over moderate coals for 4-5 minutes on each side.

3. Serve with steamed green vegetables or side salad.

Nutrition

Carbohydrate	19.82 g
Energy	255.27 kcal
Fat	8.6 g
Fibre	0.57 g
Protein	25.39 g
of which: saturates	3.45 g
Sodium	418.34 mg
of which: sugars	19.6 g

20 Minutes

4 Servings