

## Grilled Lollipop Lamb Chops

(makes 6 chops)

### Ingredients:

Six  $\frac{3}{4}$ "-thick Lamb chops, frenched  
2 tbsp Olive oil  
 $\frac{1}{2}$  tsp Sea salt  
 $\frac{1}{4}$  tsp freshly cracked black Pepper  
2 tsp Herbes de Provence  
 $1\frac{1}{2}$  tsp Agave Nectar  
2 tbsp chopped fresh Mint

### Directions:

Place the lamb chops on a baking sheet.  
Drizzle with the olive oil on both sides, and sprinkle both sides with the sea salt, pepper and Herbes de Provence.  
Let sit at room temp for 5 minutes.  
Heat a grill pan over high heat until almost smoking.  
Add the chops, in batches if necessary, and sear for about 4 minutes.  
Flip, and cook for another 3 minutes for medium-rare and 5 minutes for medium.  
Transfer the chops to a serving platter.  
Drizzle with the agave and sprinkle with the mint