



**NUTRITION** per serving 51g carbohydrates 62g fat 43g protein 986mg sodium



Calories  
**937**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**6 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**



PREMIUM

# Grilled Lamb Chops with Dill Basmati and creamy feta sauce

## IN YOUR BOX

- 1 Shallot
- 2 Dill Sprigs
- 1 Persian Cucumber
- 1 Lemon
- 1 Roma Tomato
- 20 oz. Lamb Loin Chops
- ½ cup Basmati Rice
- 4 oz. Greek Yogurt
- ½ oz. Feta Cheese

## CONTAINS: milk

*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

## IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Box Grater
- Medium Pot
- 2 Mixing Bowls
- Grill Pan or Outdoor Grill

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## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ❑ **Shallots** bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to **salad**. Speaking of shallot, it is used twice. **Minced shallot** is added to **rice**, and **sliced shallot** is added to **salad**.
- ❑ **Heads Up! Dill** is used twice. Most is added to **rice**, and a pinch garnishes dish.
- ❑ **Heads Up! Cucumber** is used twice. **Grated cucumber** is added to **creamy feta sauce**, and **sliced cucumber** is added to **salad**.

## FROM THE CHEF

Lamb can be enjoyed anywhere between medium rare to well done. Cook it as you would your steak.

### Did you know...

Feta is a fresh sheep's milk cheese from Greece. Aged anywhere from two to twelve months, it gets its distinctive flavor from aging in a briny solution that flavors and preserves the cheese.



### Prepare the Ingredients

Peel and halve **shallot**. Slice half into thin strips and separate strips. Mince other half. Mince **dill**. Trim **cucumber** and cut half into thin slices on an angle. Grate other half on largest holes of a box grater. Zest **lemon**, halve, and juice. Core **tomato** and cut into ¼" rounds. Cut rounds into half-moons. Pat **lamb chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



### Grill the Lamb Chops

Lightly coat outdoor grill or grill pan with **cooking spray** and heat over medium heat. Place **lamb chops** on hot grill. Cook until well-browned and chops reach a minimum internal temperature of 145 degrees, 6-9 minutes per side. Remove chops to a plate and rest 5 minutes.



### Cook the Rice

Bring a medium pot with **rice**, **minced shallot**, 1 cup **water**, and ¼ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until tender and water has been absorbed, 18-20 minutes. Stir in **dill** (reserve a pinch for garnish) and set aside. While rice cooks, make sauce.



### Make the Salad

In another mixing bowl, combine **tomato**, **sliced cucumber**, **sliced shallot** (to taste), 2 tsp. **lemon juice**, 2 tsp. **olive oil**, and a pinch of **salt** and **pepper**.



### Make the Creamy Feta Sauce

Combine **yogurt**, **feta**, **grated cucumber**, 1 tsp. **lemon zest**, a pinch of **salt** in a mixing bowl.



### Finish the Dish

Scoop **dill rice** on a plate. Place **lamb chops** next to rice. Serve **salad** and **creamy feta sauce** alongside. Garnish rice with remaining **dill**.