

Oven baked chops

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Ingredients

4 lamb loin chops

you can also use pork, venison or wild boar chops

1 egg

4 tbsp plain flour

2-3 tbsp dried breadcrumbs

few sprigs chopped rosemary

extra virgin olive oil for drizzling

sea salt and black pepper for seasoning



Prep Time: 10 mins

Cooking Time: 30 mins

Serves: 4

Method

1. Pre-heat the oven to 180°C/350°F/Gas mark 4
2. Put the egg in a bowl and whisk it up, season well and add the rosemary.
3. Put the flour on a plate and the breadcrumbs on a third plate
4. Put a good glug of oil into a heavy bottomed oven proof dish.
5. Dip the chops into the flour, then the egg and finish in the breadcrumbs making sure you press the breadcrumbs in well and put the chops into the ovenproof dish
6. Pour a little more oil over the chops and put in the oven for 25 minutes.

Serve with garlic sautéed spinach and a squeeze of lemon juice