

# Garth McColgan Recipe

## Irish Lamb with a Summer twist

Grilled Garlicky Lamb with Cucumber



Serves  
**4-5**

Prep  
Time

**20**  
mins

Marinating

**2**  
hrs

Cook Time

**10** mins



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Perfect  
with...

**Italian  
Pinot Noir**



**Baby  
Spinach  
Leaves**



**Garlic  
Toasties**



*Garth McColgan*

## Grilled Garlicky Lamb Chops with Cucumber, Mint, Tomato Salad and Sweet Tomato Relish

### Ingredients

#### For Marinade

Lemon, cut into chunks  
½ pack Rosemary  
2 bulbs Garlic, cut across and broken up  
100ml Sunflower Oil

#### For Lamb

2 packs Irish Lamb Loin Chops  
Sea Salt  
Freshly Ground Black Pepper  
1 pack Garlic and Cheese Toasties, defrosted

#### For Salad

½ pack Parsley, leaves only  
1 Cucumber, cut into 1cm chunks  
2 pack Cherry Tomatoes, halved across

#### For Dressing

4 tbsp Organic Natural Yogurt  
2 tbsp chopped Fresh Mint  
1 tsp Sugar  
2 tsp White Wine Vinegar  
½ tsp Minced Garlic

### Method

1. Mix the marinade ingredients together and add the lamb. Refrigerate for 2 hours.
2. Mix the dressing ingredients together and set aside.
3. When you are ready to eat turn the grill on until it is hot. Mix the salad ingredients together and add the dressing.
4. Season the lamb and cook under the grill for 3 minutes each side. Rest the meat for 1 minute and warm the garlic toasties under the grill.
5. Serve with the salad and garlic toasties for a lovely Summer lunch or supper.

