

## Chilli honey pistachio lamb chops

(Serves 4)



8 lamb chops French trimmed  
100g/4oz pistachios finely chopped  
75g/2½oz Arcia honey warmed  
2 medium rocket dried chillis

### Preparation

Heat oven to 180°C/gas 6, (200°C/fan).

Chop the pistachios and chillis in a food processor and set aside on a large plate.

### Method

Warm the honey in a pan for 2 mins. Heat a smear of oil in a frying pan and sear the chops on both sides. Brush the chops with honey, then coat in the nut and chilli mixture. Place on a baking tray and drizzle over a little more oil. Cook in the oven for about 6-8 mins (the chops will be rare - cook longer if you prefer, but watch the nuts don't burn). Set aside, keep warm and allow to rest.