THYS (RED TEAM): MARINATED LAMB CHOPS

Season: 1
Episode: 7
Category: Mains
Skill: Simple
Preparation Time: 00h15
Cooking Time: 00h45
Serves: 3

100 ml Soya Sauce
100 ml Teriyaki Sauce
50 ml Sweet Chili Sauce
50 ml Lemon Juice
6 Medium Lamb Chops
1 Packet Mange Tout
2 Packet Small Baby Corn
1 Packet Carrots
1 Packet Baby Potatoes
250 ml Cream
4 Sprigs Rosemary
1 Medium Red Onion
125 g Salted Butter
6 Medium Lemon Rinds and Juice
1 Pinch Robertsons Salt To Taste
1 Pinch Robertsons Pepper To Taste
5 tbs Crushed Garlic
1 Bunch Parsley
250 g Flaked Almonds

Method:
Mix all of the sauces together with one tbs of crushed garlic.
Pour over the lamb chops and leave to marinate for 30 minutes.
Cut carrots into matchstick like slices and slice baby corn in half.
Bring a pot of water to the boil and make sure the water is salted.
Blanche all of the vegetables until cooked, but they must still be crunchy.
Remove and shock in lemon juice, salt and pepper.

Shocking Fluid:
For shocking fluid use the juice of six lemons and add some grated rind.
Cut potatoes in half and bring to the boil.
When cooked remove and place on kitchen towel to dry off the oil.
In a pot bring the onions, garlic, lemon juice and cream to the boil, add fresh parsley mix well and pour over crispy potatoes.
In a hot pan brown the almonds and toss over vegetables.
Pan fry your lamb chops with some oil and place in an oven at 150 degrees for 10-15 minutes.