Herb-Grilled Lamb Chops with Garlic Cauliflower Mash

Tender grilled lamb chops paired with creamy, flavorful garlic cauliflower mash for a low-carb, protein-packed meal.

Servings: 2 **Time:** 35 minutes

Ingredients

- 4 lamb chops (about 6 oz each)
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- Salt and black pepper, to taste
- 1 medium head cauliflower (about 1.5 lbs), chopped into florets
- 3 tbsp unsalted butter
- 1/4 cup heavy cream
- 2 cloves garlic, minced
- Salt and black pepper, to taste

Instructions

1. Preheat grill or grill pan to medium-high heat.
2. In a small bowl, mix 1 tbsp olive oil, minced garlic, rosemary, thyme, salt, and pepper.
3. Rub the herb mixture evenly over both sides of the lamb chops.
4. Grill lamb chops for 4-5 minutes per side for medium-rare, or until desired doneness. Remove and let rest for 5 minutes.
5. While lamb rests, steam cauliflower florets until very tender, about 10 minutes.
6. In a small saucepan, melt butter over medium heat, add minced garlic and sauté until fragrant, about 1 minute.
7. Transfer steamed cauliflower to a blender or food processor. Add the garlic butter and heavy cream, then blend until smooth and creamy. Season with salt and black pepper to taste.
8. Serve the grilled lamb chops alongside the garlic cauliflower mash.

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