

# Pan-Seared Lamb Rib Chops with Dijon Crust















# Instructions

1. Pat lamb chops dry and season with salt and pepper.
2. Mix mustard, olive oil, garlic powder, and herbs into a paste.
3. Spread mixture over chops.
4. Heat a skillet over medium-high heat and sear lamb for 3 minutes per side.
5. Let rest for 5 minutes before serving.

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