

# Bengal Yoghurt Lamb Chops

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### **Shopping List**

Serves 4

- 8 lamb chops loin, BBQ or round bone
- 1 tbsp Screaming Seeds Bengal 5 Spice blend
- 1½ tsp garlic minced
- 1½ tsp ginger minced
- ½ tsp salt
- 1 tbsp sugar
- 150ml plain yoghurt
- shredded fresh mint and lemon wedges to garnish

### **Method**

1. Place all the ingredients in a bowl to marinate for at least 1 hr.
2. Place the chops under a hot grill, cook 10- 15 mins until done.
3. Serve with freshly steamed rice, lemon and mint.