

## **MELIZANA MEDITERRANIAN CUISINE – Jordan Vollett**

### **Seared Lamb Chops with Rice Pilaf and Roasted Veg**

#### **Roasted Vegetables**

Cauliflower & carrots  
Olive oil  
Turmeric

Paprika  
Lemon juice & zest  
Oregano

Cut cauliflower into florets. Cut carrots into small pieces. Toss with other ingredients and allow to marinade for 5 minutes. Roast for 15 – 18 minutes at 375 F.

#### **Rice Pilaf**

Long grain rice  
Chicken stock  
White wine  
Garlic

Yellow onion  
Red pepper fresh thyme  
Salt & pepper  
Butter

Chop peppers and onions finely, sauté with spices. Deglaze with white wine. Add rice and season.

#### **Lamb Chops**

Lamb chops  
Olive oil  
Salt & pepper

Red wine  
Butter

Season lamb, sear and bake for 10 minutes at 375 F. Remove from pan, drain, deglaze, and serve with rice and vegetables.