

## GRILLED LAMB CHOPS WITH HERBS

### Ingredients

- Lamb chops: approx. 250-300g
- Soy sauce (reduced salt): approx. 1 teaspoon
- Herbs: approx. 1 teaspoon (mix of Rosemary/Basil/Oregano)



### Instructions

To learn how to make this recipe, please watch the video, follow the instructions/steps, and enjoy!



Servings: 2



Total Time & Preparation: 1 - 1.5hrs



**Click here** to view other useful resources for your reference.

### Notes

#### Disclaimer:

Please also consult your dietitian or doctor to show you how to incorporate this recipe into your eating and diet plan.

Please read the disclaimer below and on the video.

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Maintaining a healthy diet is not only crucial for physical well-being but also for a happy mind. Remember that every day is a happy day.

**Acknowledgements:** We would like to thank My Chit Chat Time and The HOME Network's Dietitians.

**Disclaimer:** You are solely responsible for your own safety for the food preparations, cooking and all matters associated to these videos which include but not limited to your allergy to ingredients such as eggs, meats, nuts or seafood, etc. For your individual health-related matters and diets, please always consult your renal dietitian.

**Important:** This is your responsibility and your own call to provide guardianship, set and apply parental controls and content filters for your children in watching this video.