

Spicy Lamb Cutlets

These lamb cutlets are so succulent and tasty you will have them coming back for more.

The cutlets come from the rib and contain the tender fillet attached to the rib bone which makes them ideal as a finger food for informal gatherings.

Serves 4

*Preparation and cooking time:
30 minutes approximately
(plus 2-3 hours marinating time)*

- 8 lamb cutlets
- 2 tbsp finely chopped mint leaves
(or 2 heaped tsp mint sauce out of a jar)
- 1 tsp chilli powder
- 1 tsp paprika
- 3 cloves garlic, minced garlic
- 1 tsp ground cumin
- 1 tsp of ground coriander
- Juice of half a lemon
- 1 tbsp olive oil
- 1 tbsp mint jelly
- 1 tsp of salt



Trim the cutlets and scrape the bone ends to remove fat and gristle.

Mix all the remaining ingredients except salt in a bowl, and add the lamb cutlets. Using your hands rub the herb and spice mixture into the meat ensuring each cutlet is evenly coated. Cover and leave to marinate in the fridge for at least 2 hours or overnight.

Remove the lamb from the fridge about half an hour before cooking.

Heat a heavy based frying pan capable of holding the cutlets without overcrowding, until very hot.

Sprinkle some salt onto each cutlet. Cook the cutlets for about 1 ½ minutes each side.

Serve hot with yoghurt mint sauce.

Tips: The mint jelly is the secret ingredient in this dish. The hint of sweetness balances the lemon juice and spices beautifully.

Yoghurt Mint Sauce

- 150ml (5 fl oz) plain yoghurt
- 1 tsp mint sauce
- ½ level tsp salt
- ¼ tsp chilli powder
- ¼ tsp garam masala
- ¼ tsp ambchoor
- ½ tsp caster sugar
- 2 tsp chopped fresh mint (optional)

Place all ingredients in a bowl and mix well.