

LAMB CUTLETS WITH A HINT OF LEMON MINT

- GF, EF, SOYF, SF

18

INGREDIENTS

8 French lamb cutlets
 1 lemon zested
 1 large shallot, chopped finely
 2 cloves garlic (2 tsp.), chopped finely
 1 Tbsp. mint, chopped finely
 1 tsp. macadamia oil
 Salt and pepper to season.
 1 pinch each
 6 small white potatoes chopped
 1 1/2 medium sweet potatoes chopped
 1 pinch Himalayan rock salt
 1 c frozen baby peas
 200g baby kale

SERVES 4

NUTRITION INFO

CALORIES

434

TOTAL FAT

15g

SAT. FAT

5g

SODIUM

225mg

TOTAL CARBS

39g

FIBRE

12g

SUGARS

16g

PROTIEN

32g

METHOD

- 1 Brush lamb cutlets with macadamia oil then Season with a light amount of salt and pepper. Set aside at room temperature for 20mins.
- 2 Cut potatoes to a similar size and place into a large pot with enough cold water to cover them all then place over a medium heat on the stove.
- 3 While you are waiting for the water to boil start making your garnish.
- 4 Mix together the lemon zest, garlic, shallots and mint in a small bowl. Before checking potatoes with a fork till they are soft right through.
- 5 Preheat a large pan on a high heat.
- 6 Place the cutlets into the pan for 4 minutes each side or until it is cooked to your desire. Place 2 Cutlets on each plate with potatoes and sweet potato and serve with a handful of kale.