

What Katie ate...

SPICED LAMB CUTLETS WITH LEMON + MUSTARD CREAM SAUCE

FOR THE LAMB

16 lamb cutlets, excess fat trimmed
6 plump cloves garlic, minced
zest + juice 2 lemons
2 tsp ground cumin
2 tsp garam marsala
1 tsp dried oregano
Leaves from 4-5 sprigs rosemary - finely chopped
Leaves from 4-5 sprigs dill - finely snipped
3 tbsp good quality olive oil - plus extra for cooking
Maldon sea salt flakes
Freshly ground black pepper

FOR THE SAUCE

2 shallots, peeled + very finely chopped
1 plump clove garlic peeled + very finely chopped
500ml lamb stock
1 heaped tsp french mustard
Juice 1 large lemon
1/2 cup pouring cream

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SERVES 4

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Add garlic, lemon zest and juice, cumin, garam marsala, oregano, rosemary, dill, olive oil to a large zip lock freezer bag (you might need to use 2 depending on the size of your lamb cutlets), add a good pinch of crushed sea salt flakes and about 1/2 tsp freshly ground black pepper. Close bag and give it a really good shake/mix it all up.

Add the lamb and close again, massage the marinade well into the meat then chill in the fridge overnight or for at least 4 hours.

To make the sauce heat a glug of olive oil in a saucepan. Add chopped shallots and sauté for 3-4 mins, stirring often. Add the garlic and continue to cook together for another 4 mins. Set heat to medium.

Pour in the lamb stock and stir, then whisk in the mustard until smooth and all broken up. Add the lemon juice and cream. Whisk again together well and bring to the boil. Then reduce heat and simmer for 10-12 mins or until thickened.

Cook the lamb on a griddle pan or bbq to your liking, using up all the marinade as they cook.

Serve with cream sauce on side as a dip or poured over the meat.