



Lamb Cutlets

SERVES 4

INGREDIENTS

480g lamb cutlets, well trimmed
2 tbs salt reduced soy sauce
1 garlic clove, crushed
1 egg white, lightly beaten
½ cup Tony Ferguson Fibre Powder
1 tbsp olive oil
Lemon wedges to serve

METHOD

1. Preheat oven to 200°C.
2. Combine the soy sauce and garlic in a bowl. Add the cutlets, coating well in the marinade. Cover and marinate for at least 30 minutes, turning several times.
3. Dip cutlets into egg white then coat with fibre.
4. Brush an oven tray with oil, place cutlets onto tray in a single layer.
5. Bake for 10 minutes, turn and bake for a further 10 minutes or until cutlets are golden brown.
Serve with lemon wedges.
6. Serve with notatoes (see recipe [here](#)) or roast vegetables.

