



Spiced Lamb Cutlets

SERVES 4

INGREDIENTS

- 1 tbs ground coriander
- 1 tbs paprika
- 2 tsp ground cumin
- 1 tsp dried oregano
- 480g of trim lamb cutlets
- Olive oil spray
- Salad leaves
- 200g yellow or red cherry or grape tomatoes, halved
- 1 tbs lemon juice
- Splash of olive oil

METHOD

1. Preheat grill plate on medium high.
2. Combine the herbs and spices in a medium bowl. Dip the cutlets into the spice mix to coat. Spray the lamb with the olive oil and cook on the grill plate for 2–3 minutes on each side or until cooked to your liking.
3. Combine the salad leaves, tomatoes, lemon juice and oil and serve with the lamb cutlets.

