

Lamb Cutlets with Greek-Style Salad



Lamb chops or leg steaks can be used instead of lamb cutlets in this exotic, quick and tasty salad. See over for recipe.

Lamb Cutlets with Greek-Style Salad

Ingredients

8 - 12 lamb cutlets

Salad

- 1 medium-sized aubergine, diced
- 1 Tbsp roughly chopped or sliced garlic
- 1/2 cup olive oil
- 2 cups cooked orzo pasta
- 1 red onion, peeled and finely sliced
- 1 red pepper, diced
- 250g baby yellow tomatoes, halved
- 1/2 cup chopped parsley (Italian is best)
- 1/2 cup pinenuts, toasted
- 1/2 cup black olives



Method

Toss the aubergine, garlic and half the olive oil together and roast at 200°C for 30 minutes until tender. Cool and toss with the orzo pasta, onion, pepper, tomatoes, parsley, pinenuts, olives and half the dressing (see below). Cover and sit at room temperature for 1 hour before serving.

Toss the lamb cutlets with the remaining oil and season with pepper, salt and a little cumin if wished. Barbecue, grill or pan-fry for 6-8 minutes, turning once. Serve the lamb cutlets with the salad and remaining dressing on the side.

Dressing

Into a food processor put 1 egg, the grated rind and juice from 1/2 a lemon, and 1 tsp minced garlic. With the motor running, slowly pour in 1 1/4 cups olive oil. Season with salt and pepper.

Serves 4 - 6.

Recipe developed by Allyson Goffton

For more great recipe ideas visit www.recipes.co.nz

New Zealand Beef and Lamb Marketing Bureau
Freephone: 0800 733 466