

Barbequed Lamb Cutlets with Summer Vegetables



Cooked in minutes either on the barbecue or under the grill!

Ingredients

- ♦ 8 lamb cutlets, well trimmed
- ♦ Juice and zest of one lemon
- ♦ 1 tablesp. olive oil
- ♦ Salt and black pepper

Summer vegetables of your choice

- ♦ 100g Green beans
- ♦ 100g Mangetout
- ♦ 100g Broad beans
- ♦ 100g Cherry vine tomatoes
- ♦ 1 Teasp Fresh Thyme leaves
- ♦ 25g Butter

Serves 4

To Cook

Mix together the oil, garlic, black pepper, lemon juice and zest in a bowl large enough to hold the lamb cutlets and marinate for at least one hour, then season with salt.

Cook on a pre-heated barbeque or grill pan for three minutes on each side.

Boil water in a saucepan then add the beans and cook for three minutes, add the Mangetout and broad beans and boil for a further two minutes, strain the vegetables, add the knob of butter and thyme to the pan and toss the vegetables with the cherry vine tomatoes and season with a little salt and pepper. Serve with the lamb cutlets.