

Tender Lamb Chops

Lamb chops with tomato and bocconcini salsa

Serves: 4

Preparation time: 10 mins

Cooking time: 10 mins

Ingredients

8 lamb loin chops
2 tsp olive oil
2 tsp dried oregano
1/4 cup lemon juice
250g grape tomatoes, halved
2 tbsp finely chopped red onion
2 tbsp finely chopped semi dried tomatoes
200g baby bocconcini, quartered
1 tbsp coarsely chopped flat-leaf parsley
2 tsp olive oil, extra for salsa
1 tbsp balsamic vinegar glaze

Method

Heat large frying pan or char-grill over high heat. Rub chops with oil and season with salt and black pepper. Cook in pan for 3-4 minutes each side or until cooked to your liking. Sprinkle with oregano and pour over lemon juice and cook until juice has evaporated. Serve with salsa.

To make salsa, gently toss together the tomatoes, onion, semi-dried tomatoes, bocconcini and parsley. Drizzle with oil and balsamic vinegar glaze.

Serving suggestion

Serve with roasted cubes of potato.



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*This Mother's Day
give mum some*
Tasty Lamb Creations

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Tempting Lamb Carvings

Citrus roasted Lamb with mixed beans

Serves: 4

Preparation time: 20 mins,
plus 15 mins for lamb to rest

Cooking time: 1 hour

Ingredients

1 x 1kg butterflied lamb shoulder
1 brown onion, peeled, chopped
2 tsp grated lemon zest
2 tsp grated orange zest
2 cups frozen broad beans
200g green beans, trimmed and halved
400g can butterbeans, rinsed, drained
2 tbsp olive oil
4 green shallots, sliced
2 cloves garlic, crushed

Method

Preheat oven to 180°C. Place onion in base of baking dish. Heat a large frying pan over high heat and brown lamb on both sides. Place lamb on top of onion.

Season with salt and black pepper and rub with orange and lemon zest.

Roast in 180°C oven, uncovered, for 1 hour or until cooked to your liking. Cover and rest lamb for 15 minutes before carving.

While lamb is cooking, cook broad beans and green beans for 1-2 minutes in boiling water. Refresh under running cold water. Slip off the tough outer skins of the broad beans. Heat oil in medium frying pan. Add green shallots and cook for 1-2 minutes or until softened. Add garlic, cooked broad beans, green beans and butterbeans and toss until heated through.

Note: If you have more time try slow roasting the lamb by covering and cooking for 3 hours at 170°C.

Serving suggestion

Serve with mashed potato.



Tasty Lamb Classic

Roasted garlic Lamb

Serves: 4

Preparation time: 10 mins,
plus 15 mins for lamb to rest

Cooking time: 1 hour

Ingredients

1 easy carve lamb leg
1 tbsp olive oil
3 cloves garlic, crushed
600g chat potatoes, peeled, halved
1 tbsp olive oil, extra for potatoes
2 tbsp coarsely chopped rosemary leaves
300g truss cherry tomatoes
2 tsp cornflour
1 cup beef stock

Method

Preheat oven to 200°C. Place lamb in a baking tray. Combine olive oil and garlic and brush over lamb.

Toss potatoes in extra oil and rosemary and place around the lamb. Roast for 1 hour, basting lamb occasionally with garlic oil. Add tomatoes for last 20 minutes of cooking. Cover and rest lamb for 15 minutes before carving.

Pour pan juice into small saucepan. Combine cornflour with 2 tbsp water and stir until smooth. Add to pan juices along with beef stock. Bring to the boil, reduce heat and stir until thickened. Serve alongside lamb

Serving suggestion

Served with steamed green beans.

