

# Jamaican Jerk Lamb Chops with Charred Corn Salad



*Recipe supplied by Meat & Livestock Australia (MLA).*

## **Ingredients**

- 8 lamb loin chops
- 2 tsp brown sugar
- 2 cloves garlic, grated
- 1 tsp chilli powder
- 1/2 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1 tbsp olive oil
- Salt & pepper
- Salad
  - 1 red onion

2 tbsp red wine vinegar

2 avocados

1/2 lemon

2 zucchinis

3 corn cobs

1/2 cup coriander leaves

1 tbsp olive oil

### **Method:**

1. Combine sugar, garlic, spices, 1/4 tsp each salt and pepper, and 1 tbsp olive oil in a small dish. Rub spice paste over both sides of the lamb chops.
2. Thinly slice red onion, place in a small bowl with the vinegar and a good pinch of salt. Dice avocado and squeeze over lemon juice. Use a vegetable peeler to shave zucchini into ribbons.
3. Bring 3 cm of water to the boil in a large saucepan. Add corn and simmer for 2 min, turning to cook all sides. Drain well and brush with a bit of olive oil.
4. Preheat a BBQ grill or heavy-based pan to medium-high. Grill corn for 5 min, until golden and slightly charred. Cut kernels from cob.
5. Cook chops for 3-5 min per side, or until cooked to your liking. Transfer to a plate, and cover with foil to rest.
6. Combine corn, zucchini ribbons, avocado, coriander leaves and half the pickled onion. Whisk remaining 1 tbsp oil into the onion vinegar to make a dressing, drizzle over salad. Serve lamb chops with charred corn salad and extra pickled onion.