

# Lemon & Garlic Cutlets with Fresh Mint Sauce



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

## **Ingredients**

12 French trimmed lamb cutlets

2 tbsp olive oil

2 cloves garlic, crushed

Finely grated zest of 1 lemon and lemon wedges, to serve

1 small bunch mint, leaves stripped, finely chopped and extra sprigs to serve

1 tbsp caster sugar

1/3 cup (80ml) white vinegar

300g coleslaw salad

## **Method:**

1. Place half the oil, garlic and zest in a large snap lock bag. Season, add lamb and toss to coat.

Marinate for 5 minutes.

2. Meanwhile, place the mint, sugar and a good pinch of salt in a jug. Stir in 1/3 cup (80ml) boiling water and set aside to cool. Once cooled, stir in the vinegar. Taste and adjust the seasoning.
3. Heat a large non-stick frying pan over medium-high heat and cook cutlets for 2-3 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil to rest for 3 minutes.
4. Drizzle coleslaw with remaining oil, season and toss to coat. Serve cutlets with mint sauce (or mint jelly), coleslaw, extra mint and lemon wedges.