

Honey Soy Lamb Cutlets

Serves: 1

Prep time: 5 Minutes

Cooking time: 6-8 Minutes

Ingredients:

- 3 lamb cutlets (french trimmed)
- 1 tablespoon honey
- 1 tablespoon soy sauce
- ½ teaspoon minced garlic
- 1 teaspoon grated, ginger
- 1 teaspoon sesame oil
- pinch sesame seeds
- olive oil spray

Garnish

- 1-2 teaspoon of chopped, chives
- 1 tablespoon of green shallots, sliced
- 1-2 teaspoon of sliced, red chilli or capsicum



Delicious

Method:

- Mix the honey, soy, garlic, ginger and sesame oil together in a small bowl, until well combined
- Heat small fry pan or grill over medium high heat, spray with oil and add cutlets, cook for 2-3 minutes, each side
- Brush each side of the cutlets with the honey soy mixture and cook further 1 minute each side or until cooked through
- Brush a little more of the honey soy mixture over the cutlets and sprinkle with sesame seeds and garnish with chives, shallots and chilli

Serve with vegetables or a side salad of choice