

# LAMB CUTLETS WITH QUINOA TABBOULEH

Serves 4 | Prep time: 15 mins (excluding marinating time)

Cook time: 20 mins

## INGREDIENTS

### Lamb

800g lamb cutlets  
2 tbsp rosemary, finely chopped  
1 garlic clove, minced  
2 tbsp extra virgin olive oil  
(extra for cooking)  
Salt and pepper to taste

### Tabbouleh

½ cup quinoa, rinsed  
2x bunches of parsley, washed  
and finely chopped  
1 Lebanese cucumber, diced  
100g cherry tomatoes, diced  
¼ cup mint, finely chopped  
2x spring onions, thinly sliced

### Dressing

1/3 cup extra virgin olive oil  
Juice from 2 lemons  
1 garlic clove, minced  
Salt and pepper to taste

## METHOD

1. In a small bowl, mix rosemary, garlic, oil and seasoning. Coat the lamb cutlets in the marinade. Cover with cling wrap and place in the fridge for 1 hour.
2. Meanwhile, prepare the quinoa as per packet instructions and set it aside to cool.
3. Add all the ingredients to a large salad bowl and combine well.
4. Add dressing ingredients and combine in a small measuring cup or bowl.
5. Heat oil in a pan over medium-high heat. Cook cutlets for 3 minutes per side or until the meat is pink inside. Remove from the pans and allow to rest for 5 minutes before serving.
6. Dress the tabbouleh and serve with lamb cutlets.



## NUTRITION TIP

Lamb contains iron, vitamin B12 and protein. Choosing cutlets over high fat cuts of lamb is better for your heart health.

