

Lamb Cutlets with Cous Cous, Pea & Mint Salad

Serves 4

8 x lamb cutlets

1 cup wholewheat cous cous

1 cup of frozen peas

1 x Lebanese cucumber, diced

¼ cup mint, chopped

2 x spring onion, chopped

4 handfuls of rocket

¼ cup flaked almonds

Dressing: 4 heaped tablespoons organic yoghurt, rind from one lemon, juice of ¼ lemon.

Boil the kettle. Toast the almonds on a fry pan at low heat until just browned and set aside. Wipe the pan clean and add a knob of coconut oil. Fry the lamb cutlets for 2-3 minutes each side, then allow to rest off the heat for 2-3 minutes.

Meanwhile, place the cous cous in a bowl and the peas in a separate bowl. Pour over just enough water to cover the cous cous and also the peas. Cover the cous cous with a plate or tea towel and leave for 5 minutes. After 2-3 minutes drain the peas and rinse under cold water. When the cous cous is ready add a pinch of salt and pepper and fluff with a fork.

Combine the cous cous, peas, cucumber, mint, spring onion, rocket and almonds in a bowl. Divide between four plates and then top with two lamb cutlets. Drizzle of the yoghurt dressing and serve.

