

Cajun Spiced Lamb Cutlets



Spice up dinner with Cajun lamb cutlets! Perfectly seasoned, tender, and juicy — this recipe brings bold flavours to your table!

Recipe supplied by Australian Lamb.

Ingredients

8 Lamb Cutlets, excess fat trimmed

1 Tablespoon Olive Oil

1 ½ Tablespoon Cajun Seasoning

1 Teaspoon Fennel Seeds

1 Teaspoon Sea Salt

1 Garlic Clove, crushed

1/4 Cup Coriander Leaves, finely chopped + extra sprigs, to serve

1/2 Cup Greek Yoghurt

Lemon wedges, to serve.

Method:

1. Place lamb cutlets in a large snap-lock bag with oil and Cajun seasoning. Toss well to coat.
2. Heat a large char-grill pan or BBQ over medium-high heat and cook cutlets, in batches, if necessary, for 3-4 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil to rest for 5 minutes.
3. Meanwhile, add fennel seeds and salt to a mortar and lightly crush with a pestle. In small bowl combine fennel salt, garlic, coriander and yoghurt. Season with pepper and stir well.
4. Serve cutlets with yoghurt, coriander and lemon wedges.