

Tandoori Lamb Cutlets & Cauliflower Rice Salad



Recipe supplied by Australian Lamb.

Ingredients

12 lamb cutlets, trimmed
2 Tbsp tandoori paste
1/2 cup natural Greek yoghurt
1 Tbsp olive oil
salt & pepper
Cauliflower Salad
1 head cauliflower
1 tsp ground turmeric
1/2 tsp ground cumin
2 Tbsp olive oil
200 g cherry tomatoes, chopped

2 cucumbers, chopped
1 bunch radishes, sliced
4 spring onions, sliced
To serve
fresh coriander leaves
mango chutney

Method:

1. In a shallow baking dish or zip-top bag, combine tandoori paste, yoghurt, 1 Tbsp oil, and $\frac{1}{4}$ tsp each salt and pepper. Add lamb and coat well with marinade. Set aside for 10 min.
2. In a blender or food processor, pulse cauliflower to a rice consistency. Place a large skillet over medium heat. Add turmeric and cumin and dry-toast for 30 sec until fragrant.
3. Add 2 Tbsp oil to the pan, stir to incorporate spices, then add riced cauliflower. Sauté for 2 min, until just warmed through. Season well with salt and pepper, transfer to a large serving bowl, and allow to cool slightly. Add tomatoes, cucumber, radish, and spring onion to the cauliflower – toss to combine.
4. Preheat a heavy-based skillet or bbq to medium-high. Cook the cutlets for 2 - 3 min each side, or until cooked to your liking. Transfer to a clean plate to rest.
5. Serve lamb cutlets with cauliflower salad, chutney, and fresh coriander.