

Couscous coated Cutlets of Lamb with Pea, Bean and Asparagus Salad

Ingredients

- 6-8 Scotch Lamb cutlets, French trimmed
- 50 g (1.75oz) couscous
- 1 small egg, beaten
- 100g (3.5oz) fresh peas
- 100 g (3.5oz) fine green beans, trimmed
- 100 g (3.5oz) asparagus spears
- 2 spring onions, sliced
- A handful of fresh mint leaves, roughly torn
- Zest and juice of 1 lemon or lime
- 1 tbsp olive oil
- Salt and freshly ground black pepper



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