

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

Serves
2

Prep Time
10 minutes

Cooking Time
15 minutes



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

Cooking Method

- Mix the couscous, lemon or lime zest together in a shallow bowl. Pour over 100ml (3.5 fl oz) boiling water, cover and leave for 5 minutes or so until the liquid is absorbed. Season with a little salt and pepper. Fluff up the couscous with a fork.
- Dip the cutlets into the egg and then the couscous, pressing firmly to coat.
- Meanwhile cook the beans in boiling water for 2 minutes, add the peas and asparagus and cook for 3 minutes more or until just tender. Drain, refresh by running under cold water then drain thoroughly. Tip into a bowl, mixing in the spring onion, mint leaves and lemon or lime juice. Season with black pepper.
- Heat the oil in a frying pan and cook the cutlets over a medium heat for 3-4 minutes on each side. The couscous will become golden and crunchy. Drain on paper towel and enjoy with the minted vegetable salad.
- If you can't get cutlets of lamb, choose neck fillet, cutting into diagonal slices, coated and cooked for much the same time



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