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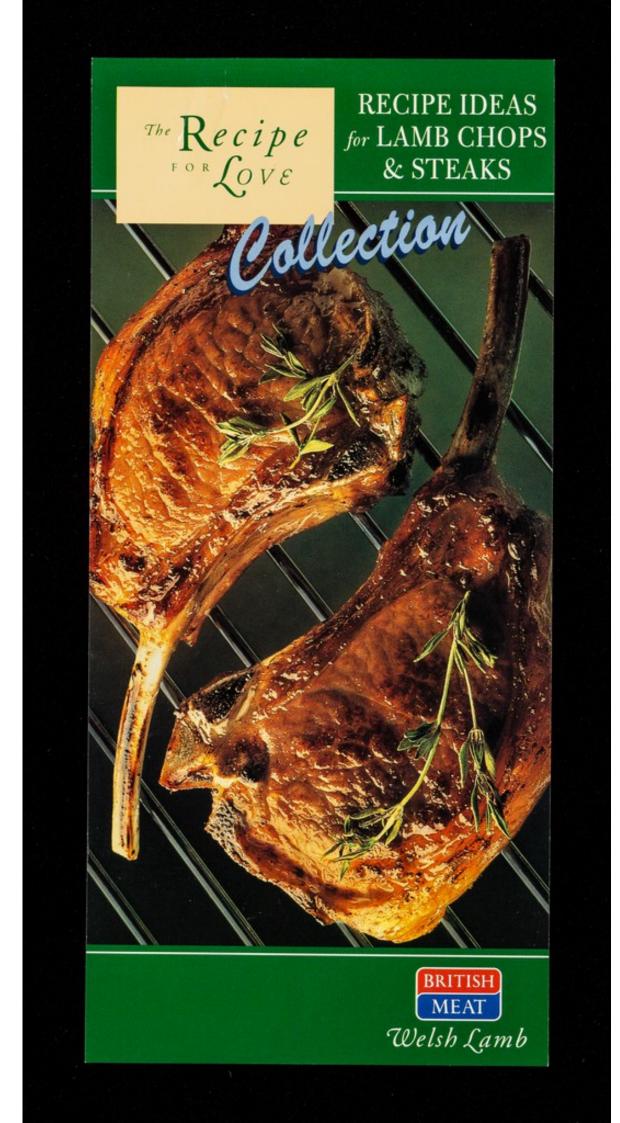
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Nº 18-

Recipe ideas for lamb chops & steaks

Simply grilled, with a few herbs or with an easily made topping, lamb chops and steaks are ideal for a meal in moments.

Lamb with Pesto Topping

Cooking time: Approximately 15 minutes

Ingredients (to serve 2)

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2 lamb chops or steaks

2 x 15ml sp (2tbsp) red pesto

2 x 15ml sp (2tbsp) fresh mint, chopped

25g (1oz) fresh breadcrumbs

Method

Grill lamb chops or steaks for 4-6 minutes, (depending on thickness) on one side. Turn and cook for 3 minutes.

Mix pesto, mint and breadcrumbs together and spread onto lamb chops or steaks and return to grill for a further 3 minutes.

Mustard Glazed Lamb

Cooking time: Approximately 15 minutes

Ingredients (to serve 4)

4 lamb chops or steaks

- 4 x 5ml sp (4tsp) prepared wholegrain mustard
- 2 x 5ml sp (2tsp) soft brown sugar

Method

Cook the chops or steaks on one side under a preheated grill for about 6-8 minutes, depending on thickness. Turn and cook for 3 minutes.

Mix mustard and sugar together and spread on the chops or steaks. Cook for a further 4-5 minutes until ready.

Meat and Livestock Commission, Milton Keynes MK6 1AX.

