

Minty lamb steak / Meat & Livestock Commission.

Contributors

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The **Recipe**
FOR *Love*

MINTY LAMB
STEAK

Collection



BRITISH
MEAT

Welsh Lamb

N° 17

Minty Lamb Steak



Cooking time: 8-16 minutes

Ingredients (to serve 2)

2 lean lamb steaks or chops

25g (1oz) fresh breadcrumbs

1 x 15ml sp (1tbsp) redcurrant jelly

1 x 15ml sp (1tbsp) fresh mint, chopped

Method

Grill one side of steaks or chops, according to chart.

Meanwhile, mix together topping ingredients.

Turn over steaks or chops.

Press chosen topping ingredients on the meat and cook for the last 3-4 minutes of the cooking time or until golden.

Serve with potatoes, rice or noodles and a mixed salad.

Cooking Guide

CUT OF MEAT	APPROXIMATE THICKNESS	APPROXIMATE COOKING TIME PER SIDE
Lamb steaks or chops	1-2cm ($1/2$ - $3/4$ ")	4-6 mins
	2cm + ($3/4$ " +)	6-8 mins

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Welsh Lamb

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