

MASALA LAMB CHOPS

INGREDIENTS:

- 8 Lamb cutlets (2 each)
- **For marinade:-**
 - 1 tsp turmeric
 - 1 tbsp crushed ginger (fresh or paste)
 - 1 tbsp crushed garlic (fresh or paste)
 - 1 tsp red chilli powder
 - 1 tsp garam masala
 - 1.5 tsp ground cumin
 - 1.5 tsp ground coriander
 - 2 tsp lemon juice
 - 1 tsp salt
 - 2 fresh green chillies, chopped finely (seeds removed)
 - 2 tbsp vegetable oil
 - Handful chopped fresh coriander
 - Salt and pepper

NOTES:

Warning: These are moreish so make plenty.

Recipe courtesy of Padma Chauhan.

Preparation time:

10 min

Cook time:

10 min

Serves:

4

+ marinating overnight



DIRECTIONS:

1. With a sharp knife stab some deep holes into the lamb chops.
2. In a large bowl mix all the marinade ingredients together.
3. Season the chops with a sprinkle of salt and pepper and then place into the marinade. Mix well, so they are all covered (hands really are your best tools here, but you may wish to wear gloves because of the chilli)
4. Leave in the fridge overnight ideally, or for at least 6 hours.
5. Remove the chops from the fridge, give everything another mix and leave to sit at room temperature for 30 minutes.
6. Place the chops onto a hot barbecue (or griddle pan) and cook for approximately 4 minutes each side until nicely coloured and the fat rendered (longer if you want the chops well done)
7. Remove from the heat and allow to rest for a few minutes before serving.
8. Delicious with yoghurt raita.