harissa & honey lamb cutlets

sherwood rd organic meats
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cooking time 4hrs **serves** 4-6



ingredients

LAMB

12 lamb cutlets
2 tbsp harissa paste
1 tbsp honey
2 tbsp olive oil
2 garlic cloves, crushed
Juice of ½ lemon
1 tsp ground cumin
½ tsp smoked paprika
salt and freshly cracked black pepper

YOGHURT DRESSING

¾ cup greek yoghurt
1 tbsp tahini
juice of ½ lemon
1 tbsp olive oil
1 small garlic clove, finely grated
pinch of salt
fresh mint, chopped

method

1. make the marinade: combine the harissa, honey, olive oil, garlic, lemon juice, cumin, paprika, salt and pepper in a bowl.
2. marinate the lamb: coat the cutlets thoroughly in the marinade. ideally, leave for 30 minutes at room temperature or up to 4 hours in the fridge.
3. prepare the yoghurt: mix the greek yoghurt, tahini, lemon juice, olive oil, garlic and salt. stir through the fresh mint and refrigerate until serving.
4. cook the lamb: heat a bbq or grill pan over medium-high heat. cook the cutlets for approximately 3–4 minutes per side for medium-rare, depending on thickness. avoid excessively high heat because the honey can burn.
5. rest: allow the lamb to rest for 5 minutes before serving.
6. serve: arrange the cutlets over a generous dollop of yoghurt dressing and finish with fresh mint, lemon zest and a drizzle of olive oil. if desired, serve with couscous, rice or roasted vegetables.

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