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Mint Lamb Cutlets



Ingredients

3/4 kg minced lamb
5 tsp white wine vinegar
3 tbsp honey
2 onions - chopped small
6 tbsp fresh mint leaves - chopped
1 1/4 tbsp dried rosemary
1 tsp chili powder
Pinch of salt and freshly ground pepper to taste
2 tbsp oil

Preparation

1. In a bowl, mix together the all the ingredients - except the lamb mince, onions, and 2 tbsp of the chopped mint leaves.
2. At the side, in a large bowl, mix together the lamb mince, onions and a bit of the mint-honey mixture.
3. Then take a large soup spoon.
4. Scoop out the lamb mixture to make round mince balls - size of your palm.
5. Then flatten the mince balls to make semi-thick cutlets.
6. Heat oil and butter in a pan, on medium heat.
7. Place the cutlets and fry till cooked on low-medium heat.
8. Keep brushing the cutlets with the rest of the mint-honey mixture as it cooks on the pan.
9. Garnish with mint leaf sprigs and some delicious spicy potato salad
10.
11.

Cooks Note