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by ewfood

Indian lamb cutlets with coriander



Ingredients

1 1/2 cups basmati rice, rinsed
1 small bunch coriander
2 long green chillies, deseeded, chopped
1 cup plain natural yoghurt
2 tablespoons desiccated coconut
2 tablespoons Indian curry powder
12 (100g each) French trimmed lamb cutlets
2 tablespoons olive oil

Preparation

1. Place rice in a medium saucepan. Cover with 1 1/2 cups of cold water. Add a pinch of salt. Bring to the boil over high heat. Reduce heat to low. Simmer, covered, for 12 minutes or until rice is tender.
2. Meanwhile, place coriander and chillies in a food processor. Process until coarsely chopped. Combine yoghurt and 2 tablespoons of coriander mixture in a small bowl. Combine remaining coriander mixture and coconut in a small bowl.
3. Spoon curry powder over a plate. Press cutlets into powder to coat. Shake off excess. Heat oil in a large, non-stick frying pan over medium-high heat. Cook lamb, in batches, for 3 minutes each side or until cooked to your liking.
4. Stir coconut mixture through rice. Serve chops with rice and a dollop of yoghurt mixture.

Cooks Note