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Minted Honey Yoghurt Cutlets with Potato Wedges



Ingredients

375g plain yoghurt
4 tablespoons of fresh mint sauce
1 tablespoon of runny honey
A small chunk of fresh ginger
1 clove of garlic
Salt and freshly milled black pepper
8 lamb cutlets
4-5 large potatoes
Sunflower oil
Broccoli

Preparation

1. 1. Place the yoghurt, mint sauce and honey into a large dish or bowl. Peel and grate the ginger and crush the garlic clove, then add both to the bowl. Season with salt and black pepper and mix everything together.
2. 2. Make sure that the cutlets are of a similar thickness, not too thick, and place them in the yoghurt mixture. Turn until the cutlets are completely covered in the mixture, then cover the dish and leave to marinate in the fridge, overnight if possible, or for at least a few hours.
3. 3. When you are ready to cook, start with the potato wedges. Preheat the oven to 200 degrees, 180 degrees fan oven. Wash and peel the potatoes, or leave the skin on if you prefer, and cut into wedges. Parboil in a pan of boiling water for 5 minutes then drain. Heat a tablespoon of sunflower oil in a roasting tin, add the wedges and toss them to cover them with the oil, season and roast on a high shelf in the oven for about 30 minutes, or until golden brown, turning occasionally.
4. 4. Brush a griddle pan with oil and heat the pan. Take the lamb cutlets from the marinade, place on the hot griddle and cook for about 8 minutes. Turn occasionally, spooning on a little marinade if necessary, until the cutlets are cooked and golden brown.
5. 5. Place the broccoli – I really like the thinner tenderstem variety – in a steamer and cook for about 5 minutes, or until just tender when pierced with the tip of a knife. Serve with a knob of butter, alongside a portion of crisp potato wedges and the hot lamb cutlets.
6. Instead of broccoli, especially if you're having a barbecue, you might prefer to have peppery watercress with a squeeze of fresh lemon, or you could serve any fresh green salad with a dressing of your choice.
7. You might like to sprinkle crushed garlic or rosemary onto the wedges before putting them in to roast. Or, for spicier potato wedges, try adding a dusting of Cajun

seasoning.

8 You could accompany the cutlets with creamy mashed potatoes instead of wedges, and other green vegetables, such as asparagus or green beans.

Cooks Note

Juicy lamb cutlets always make a quick and easy supper dish to share with family or friends, and this simple marinade makes them particularly tasty, especially when served with crunchy potato wedges and tender broccoli.