

Harissa Lamb Cutlets with Tahini Yoghurt Sauce



Serves 4 Prep 15 mins

Cooking 10 mins

Easy

Ingredients

Lamb Chops

12 lamb cutlets
2 tbsp harissa paste
1 tbsp lemon juice
200g green beans, cooked

Optional

Sesame seeds

Harissa paste

1 tsp caraway seeds
1 tsp cumin seeds
1/2 tsp salt
2 tbsp olive oil

Optional

fresh lemon juice
sun dried tomatoes
tomato puree
paprika

Tahini Yoghurt Sauce

150g natural yoghurt
1/2 tbsp clear honey
1 tbsp tahini
1 tbsp lemon juice
1 tbsp olive oil

1. Stir the sauce ingredients together and season. Put the chops in a dish, mix the harissa and lemon and rub into the flesh. Leave for at least 15 minutes.
2. Heat a grill pan to high, and char grill the chops for 2 -3 minutes each side, then rest. Serve the chops with the beans, a sprinkle of sesame seeds, and sauce.

