

Lamb Cutlets with Couscous Salad



Serves 4 Prep 20 mins

Cooking 35 mins

Easy

Ingredients

2 courgettes, cut into 5mm slices
2 mixed peppers, deseeded and cut into wedges
1 large red onion, peeled and cut into wedges
250g cherry tomatoes
1 tsp dried thyme
3 tbsp olive oil
175g of bulgar wheat or couscous
8 lean lamb cutlets, trimmed of excess fat
1 tsp zaatar seasoning

For the dressing

2 tbsp olive oil
2 tbsp tahini
2 tsp zaatar seasoning
juice of 1 lemon

1. Preheat oven to 220C/Fan: 200C/ Gas 7. In a large shallow roasting tin, toss courgettes, peppers, onion, tomatoes and thyme in 2 tbsp of the oil. Season and roast for 25mins (tossing midway through), until vegetables are tender and beginning to char.
2. Meanwhile, in a large pan, add 1.1 litre of water and bring to the boil. Add the bulgar, cover and simmer 15 mins. Drain and leave to steam dry for a few minutes. If using couscous, make up according to packet instructions and fluff up after draining.
3. In a large bowl, mix the dressing ingredients. Add cooked veg (keep the tin for later) and bulgar wheat or couscous. Mix and check seasoning. Set aside.
4. Brush lamb with remaining 1 tbsp oil and sprinkle over zaatar. Arrange in previously used tin and roast in the oven for 4 - 8 min each side, depending on how well done you like your lamb. Serve with the bulgar or couscous salad.