Spice rubbed lamb cutlets with hummus & char grilled vegetables

Serving size 4

Ingredients

1 tsp coriander seeds, crushed
2 tsp cumin, ground
2 tsp sesame seeds
12 french lamb cutlets, fully trimmed
1 large corn cob, husk and silk removed
400 g pumpkin, peeled, cut into 5cm thick slices
2 brunches asparagus, trimmed
75 g baby spinach leaves
110 g hummus, to serve
4 small wholemeal flat breads, to serve
Olive oil, spray

Method

1. Combine coriander seeds, cumin and sesame seeds. Sprinkle both sides of cutlets evenly with the spice mixture.
2. Preheat a char grill pan or barbecue over medium-high heat. Spray cutlets, corn, pumpkin and asparagus lightly with olive oil. Grill the cutlets for 2 minutes each side (for medium). Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.
3. Meanwhile, grill the corn, turning, for 6-8 minutes or until tender. Grill the pumpkin for 3 minutes each side and the asparagus for 1-2 minutes, or until lightly charred and tender.
4. Cut corn kernels from cob. Divide corn, pumpkin, asparagus, spinach and cutlets between serving plates. Serve with a dollop of hummus and the flat bread.

Recipe reproduced with permission from Meat and Livestock Australia. For more recipes visit www.tryfor5.org.au

Share your imagine on Nutrition Australia's Instagram, Facebook or Twitter page
#TryFor5 #NutritionAustralia