

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 frenched lamb cutlets, fully trimmed
- 1 large corn cob, husk and silk removed
- 400g pumpkin, peeled, cut into 5cm thick slices
- 2 brunches asparagus, trimmed
- 75g baby spinach leaves
- 110g hummus, to serve
- 4 small wholemeal flat breads, to serve
- Extra virgin 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.

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