



BBQ'd Spring Lamb Cutlets with Tuscan Style Tomato, Olive and Caper Sauce

Serves 4

Spring is here and we thought we'd welcome it with a flavoursome lamb recipe full of Italian flavour. Enjoy!

TASTE OF SPRING FACT

Spring and lamb dishes go hand in hand. So to celebrate the season's arrival, we have created a quick and easy to make lamb recipe perfect for the BBQ and sharing with family and friends!

The recipe includes a marinade for the lamb and a rich, classic Tuscan style tomato sauce made with red wine, balsamic vinegar, capers and olives that perfectly compliments the flavour of the BBQ'd lamb.

This recipe also makes a great finger food dish as the cutlets can be picked by their bone and dipped into the warm, homemade tomato sauce before they are eaten.

INGREDIENTS

- 4 Fresh Rosemary Sprigs- pick leaves, rinse, drain and finely chop.
- 2 Garlic Cloves - peel and finely chop.
- 2 tsp Onion Powder
- 1/8 tsp Chilli Powder (optional)
- 1/4 tsp Finely Ground White Pepper
- To Taste - Sea Salt
- 12 French Trimmed Lamb Cutlets
- As Required - Extra Virgin Olive Oil Spray
- 100gm Brown Onion - top,tail, peel, halve and finely dice.
- 1 Garlic Clove - peel and finely chop.
- 4 Thyme Sprigs - pick leaves, rinse, drain and finely chop.
- 40gm Tomato Paste
- 40ml Red Wine
- 500gm Crushed Tomato
- 300ml Water
- 10ml Balsamic Vinegar
- 10gm Caster Sugar
- 20g Baby Capers - drain.
- 80g Black Kalamata Olives - drain, remove stone and roughly tear.
- To Taste - Sea Salt and Freshly Ground Black Pepper

METHOD

1. In a mixing bowl, add rosemary, first quantity of garlic, onion powder, chilli powder and white pepper, mix to combine and season to taste with salt.
2. Lay cutlets on a clean work surface. Lightly rub each one on both sides with the marinade. Place onto a tray, cover with cling wrap and place into a refrigerator to marinate for 2 hours.
3. Over a moderate heat, in a saucepan, generously spray oil. Add onions, saute until softened. Add garlic and thyme and saute for a further minute.
4. Add tomato paste and cook it out stirring continuously for 2 minutes.
5. Add red wine, crushed tomato, water and balsamic vinegar. Mix to combine, bring up to the boil, then reduce the heat and gently simmer for 20 minutes or until the sauce has reduced, thickened and lightly coats the back of a spoon.



6. Add sugar, mix to combine, then add capers and olives and mix to combine. Simmer for another 2 minutes, then season to taste and remove the sauce from the heat.

TO SERVE

Remove cutlets from the refrigerator and allow them to warm to room temperature. Preheat BBQ to a moderate temperature and lightly spray each cutlet with oil. Cook cutlets on the BBQ for 3 minutes on each side or to the desired degree. Remove and place on a tray, cover with aluminium foil and allow to rest for 2-3 minutes. If required re-heat the sauce and serve with the cutlets.