

Stuffed Lamb Cutlets with French Peas

Calories: 175 kcal

Servings: 4

Time: 20 Mins

Ingredients

- 2.00 slices Bacon (diced)
- 2.00 tbsp Basil (chopped)
- 120.00 g Cheese (Feta) (crumble)
- 2.00 clove Garlic (crushed)
- 120.00 g Iceberg Lettuce (shredded)
- 240.00 g Lamb (cutlets with the bone)
- 15.00 ml Lemon Juice
- 0.50 tbsp Lemon Zest
- 2.00 tbsp Mint (fresh, chopped)
- 4.00 tsp Olive Oil
- 2.00 tbsp Parsley (fresh, chopped)
- 200.00 g Peas
- 2.00 g Salt and Pepper (to season)
- 40.00 g Spring Onion (finely diced)
- 1.00 whole Ultra Lite Chicken Sachet (combined in 1 cup of warm water)

Instructions

1. Preheat grill to high.
2. Combine feta, parsley, basil, grated rind, lemon juice and garlic.
3. Slice open the side of each cutlet and stuff with a heaped teaspoon full of the feta mixture in each cutlet. Secure with 3 toothpicks and place in oven tray. Season with pepper and salt and spray with olive oil then grill.
4. To make french peas, heat a little oil in a pan and gently saute the bacon, add shredded lettuce, seasonings, chicken sachet (combined in warm water) and butter, stir well. When the lettuce begins to wilt, stir through the spring onions and mint.
5. Serve 2 cutlets with a couple of spoonfuls of the french pea mix.