



## Grilled lamb with fresh mint chutney

4 servings

Preparation time : 30 minutes

Cooking time : 30 minutes

### Ingredients

#### Fresh mint chutney :

- \* 2 teaspoons sugar
- \* ½ teaspoon low salt
- \* 1 tablespoon coarsely chopped fresh ginger
- \* 1 small jalapeno pepper, coarsely chopped
- \* 1 clove garlic, crushed and peeled
- \* 2 cups lightly packed fresh mint leaves
- \* 2 tablespoons rice-wine vinegar
- \* 1 teaspoon canola oil

#### Grilled lamb :

- \* 8 lamb cutlets, trimmed
- \* 1 clove garlic, cut in half
- \* 1 teaspoon extra-virgin olive oil
- \* ¼ teaspoon salt
- \* Freshly ground pepper, to taste

### Preparation

Preparation of chutney , for best results make it shortly before serving

- 1 - Place sugar and salt in a food processor. Add peppers, ginger and garlic, process until very finely chopped.
- 2 - Add mint and pulse until finely chopped.
- 3 - Add vinegar and oil and pulse to mix.
- 4 - Transfer to a small bowl and leave aside until ready to serve.

#### Preparation of grilled lamb

- 1 - Heat gas grill. Rub lamb chops with garlic, then brush with oil and season with salt and pepper. Grill the chops until cooked to desired level, 4 to 5 minutes per side for medium to rare.
- 2 - Serve with fresh mint chutney.