

# Lamb cutlets with chunky tabouleh



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tastes like *Summer*

SERVES 4

- 50 g (1¾ oz/¼ cup) burghul (bulgur)
- 1 teaspoon ground cumin
- 2 tomatoes, diced
- a handful of parsley, roughly chopped
- 10 mint leaves, finely sliced
- 1 spring onion (scallion), finely sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 12 lamb cutlets, French trimmed

Put the burghul in a small bowl with the cumin and cover with cold water. Soak for 10 minutes, then drain and squeeze to remove any excess liquid. Put it in a large bowl along with the tomatoes, parsley, mint, spring onion, olive oil and lemon juice. Season lightly with sea salt and freshly ground black pepper, then toss to combine.

Barbecue or grill (broil) the cutlets for 2–3 minutes on each side. Place them on a warm plate, season with sea salt and cover with foil for a few minutes to rest.

Divide the chunky tabouleh among four plates, then top with the cutlets and drizzle with any meat juices.

**All recipe ingredients are available at the following Northbridge Plaza retailers:**

- Antico's Fruit World
- Aegean Deli Café



See Fresh & Fast cooking demonstration with Michele Cranston 12 noon, Friday 25 September.



**MURDOCH BOOKS**

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