

Lamb cutlets with fresh peas and mint

Mums: Main Meals

Preparation Time: 5 -10 Minutes Cooking Time: 10 Minutes Serves: 2 adult portions

What you need

- 4 lamb cutlets

- 200g / 8oz fresh peas, or frozen petit pois

- 4 leaves fresh mint, finely chopped, or 1 tsp good quality mint sauce

- 50g / 2oz unsalted butter

- Sea salt and freshly ground black pepper

What to do

- Smear the cutlets with half the butter, lightly season, then place on a preheated frying pan or griddle over a medium flame.
- Cook for 3 – 4 minutes each side, or to taste, then remove from the heat and allow to rest for a further few minutes.
- Meanwhile, cook the peas in salted boiling water until al dente, then drain, stir in the butter and mint and lightly season.