

Grilled Lamb Cutlets With Summer Pesto



Ingredients

12 lamb cutlets, bones frenched

1/2 cup pine nuts

Freshly ground black pepper

1 bunch fresh basil

1/2 bunch fresh mint

1/2 bunch fresh oregano

1 lemon, zested and juiced

3/4 cup extra virgin olive oil

1/2 cup freshly grated parmesan cheese

1 tsp salt

Directions

Step 1 – Remove the lamb cutlets from the fridge and allow to come to room temperature for at least 1 hour

Step 2 – Heat the BBQ to medium heat (180 - 200°C) and prepare for direct grilling, ensuring the grills are clean.

Step 3 - In a heat proof frying pan, toast the pine nuts over direct heat until they turn golden. Set aside. Increase the heat on the BBQ to high heat $(230 - 250^{\circ}C)$

Step 4 – Season the lamb cutlets on both sides with salt and black pepper. Place the cutlets on the BBQ and cook directly on the grill. After 2 minutes, turn the chops over and cook for a further 2 minutes. Remove from the BBQ and set aside to rest, covered tightly with foil.

Step 5 – Meanwhile, place the pine nuts, herbs, lemon zest and juice, olive oil, parmesan and salt in a food processor. Process the pesto until it is well combined and resembles a coarse paste.

Step 6 – Serve the chops while still hot with the pesto.



