



BALSAMIC GLAZED STICKY LAMB CUTLETS WITH THYME

Serves: 4 Time: 35 minutes

A celebratory supper dish in 25 minutes. Lamb chops glazed with balsamic vinegar and soy sauce then served with couscous and a vegetable cake

- 8 lean lamb cutlets, French trimmed
 - Salt and freshly milled black pepper
 - 30ml/2tbsp finely chopped fresh thyme leaves
 - 100ml/3½floz. good, aged balsamic vinegar
 - 30ml/2tbsp light soy sauce
 - 25g/1oz unsalted butter
1. Preheat the oven to Gas mark 6, 200°C, 400°F.
 2. Season the cutlets and sprinkle with the thyme on both sides. Transfer to a metal rack in a roasting tin and cook for 15-20 minutes (depending on how you like your lamb).
 3. Meanwhile, pour the vinegar and soy sauce into a small pan. Bring to the boil, reduce the heat and simmer for about 10 minutes until the mixture is reduced by half. Whisk in the butter.
 4. Remove the cutlets from the roasting tin and transfer to a large bowl. Drizzle the balsamic glaze over the cutlets. Serve with an individual vegetable tian and steamed couscous.

Recipe from Eblex Recipe web site