

MOROCCAN LAMB FILLETS

INGREDIENTS

- 12-16 lamb fillets
- 2 tablespoons ready-made Moroccan seasoning
- 100ml olive oil
- 2 tablespoons lemon juice
- 2 tablespoons finely chopped flat-leaf parsley

METHOD

1. Mix all the ingredients together in a shallow dish and cover the plastic film. Marinate in the fridge for 2-12 hours.
2. Bring the meat to room temperature by removing from the fridge half an hour before cooking.
3. Cook the chops on a preheated flat grillplate for about 2 minutes each side, then finish on the chargrill for another couple of minutes each side to allow the fat to drain away.
4. Serve immediately

Serves 4

	Per Serving	Per 100g
Energy	1790kJ	1048kJ
Protein	28g	17g
Fat – Total	34g	20g
- Saturated	9g	5g
Carbohydrate - Total	1g	<1g
- Sugars	<1g	<1g
Sodium	380mg	222mg

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