

SWEET STICKY LAMB CUTLETS

INGREDIENTS

- 12 lamb cutlets, 'restaurant cut' and trimmed of fat (ask your butcher to do this for you)
- 2 tablespoons canola oil
- 1 teaspoon finely chopped ginger
- 1 clove garlic, finely chopped
- 4 cups fresh bean sprouts
- ½ cup finely chopped spring onions (dark green part only)
- 2 tablespoons hoisin sauce

Marinade

- 2 tablespoons hoisin sauce
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce

METHOD

1. Mix the marinade ingredients in a large bowl and add the lamb, stirring to coat all the meat. Cover with plastic film and marinate in the fridge for 2 hours.
2. Bring the meat to room temperature by removing from the fridge half an hour before cooking.
3. On a preheated chargill, cook the lamb cutlets until medium-rare or done to your liking, then remove from the grill and set aside to rest, loosely covered with foil, while you cook the vegetable.
4. Heat the wok to very hot, and then add the oil. Once the oil is hot, add the ginger, garlic, bean sprouts and spring onion. Stir-fry for 30 seconds or so, then add the hoisin sauce and stir-fry for a further 30 seconds or so.
5. Arrange the vegetables on four serving plates and place three lamb cutlets on each, pouring over any juices from the resting meat.

Serves 4

	Per Serving	Per 100g
Energy	1629kJ	563kJ
Protein	32g	11g
Fat – Total	23g	8g
- Saturated	7g	2g
Carbohydrate - Total	11g	4g
- Sugars	9g	3g
Sodium	481mg	166mg

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