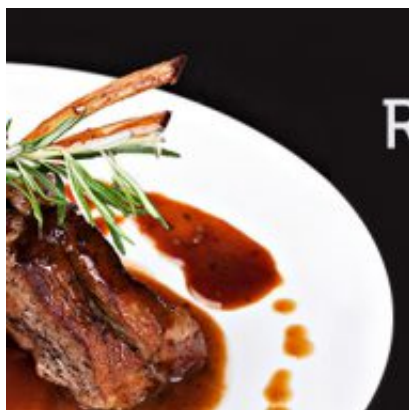


Roasted Lamb Cutlets with Chilli Mint Sauce, Dauphinoise Potatoes, Fine Beans & Cauliflower Purée



Preparation time: 50 minutes

Cooking time: 90 minutes

Serves: 2

Profitability:

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Ingredients:

2 lamb cutlets

1 tbsp oil

2 medium potatoes, peeled & thinly sliced

150ml double cream

50g fine beans

Handful cauliflower florets

125ml milk

125ml water

1 bay leaf

30g butter

2 onions, diced

3 chillies, finely chopped

1 tbsp oil

150ml red wine

500ml gluten-free chicken (or lamb) stock

2 tbsp honey

1 tbsp gluten-free sweet chilli sauce

1 tbsp fresh mint, finely chopped

Steps:

DAUPHINOISE

Pre-heat oven to 160°C

Grease an ovenproof dish and layer thinly sliced potatoes with cream between each layer and on top

Bake for 1 hour until potatoes are soft and the top is brown

SAUCE

Sweat off onions and 2 chillies in oil until soft

Add red wine and reduce by a one third

Add the stock and simmer until syrupy in texture. Strain to remove the onion

Sweat off the third chilli and return the sauce to the pan

Add the honey and chilli sauce. Season to taste

LAMB

Seal in a hot frying pan to achieve a good colour and roast in oven for 10-12 minutes at 160°C or until cooked as desired

Remove, cover with foil, rest for 10 minutes

CAULIFLOWER PURÉE

Cover the cauliflower with water and milk, add the bay leaf and bring to the boil and cook until tender

Drain and purée with butter and season

FINE BEANS

Boil until tender

TO SERVE

Cut a round of potatoes and plate; serve the lamb cutlets on a bed of fine beans, drizzle with the sauce, with the cauliflower purée on the side