

Piri Piri Lamb Cutlets

Lamb cutlets, fry them, grill them or BBQ them, any way is a good way! But with this Piri Piri sauce, it just makes them even better.

They are so good that I could literally eat the whole thing myself and they go so well with some new potatoes and a little side salad.



Serves: 3

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 40 minutes

Ingredients

- 9 lamb cutlets.
- 1 small red onion, cut into quarters.
- 5 garlic cloves.
- 4 sprigs of fresh thyme, leaves only.
- 1 handful of fresh coriander.
- 1 lemon, juice only.
- 1 pinch of chilli flakes or to taste.
- 1 tbsp of smoked paprika.
- 1 tsp of dried oregano.
- 50 ml of water.
- 7 tbsps of extra-virgin olive oil.
- 5 tbsps of red wine vinegar.
- 4 roasted red pepper, from a jar.



Find this recipe on
page 30 of [my book](#).

Method

- Into a food processor pop in all the ingredients apart from the water, oil, vinegar and of course, not the lamb. Give that a good whizz on the highest setting for a minute or so, you want to really break it all down. Then add the water and give it another whizz, this will help it all come together. Add the oil, vinegar, season with salt and pepper and give it another quick 30-second whizz. Finally, give it a taste for seasoning and adjust accordingly.
- Now add the lamb to a large bowl or Tupperware, pour in 3/4 of the sauce and completely coat the lamb, save the rest of the sauce for drizzling over later. Cover with a lid or clingfilm if you're using a bowl, and leave to marinate for a couple of hours if possible.
- Get a griddle pan or a nonstick frying pan over a high heat and allow it to get hot for a couple of minutes. Turn the heat down to medium to high and stand the cutlets up so that the fat is touching the pan, cook for a couple of minutes. Then lay flat and continue to cook for 3 minutes on each side or to your liking. Once done, leave to rest for a couple of minutes then drizzle some more of the sauce over the lamb, a squeeze of lemon and serve.
- I like to have this with a little side salad and some new potatoes. For the potatoes, I cut them in half then boil in salted water till tender, then finish off in a hot pan with oil and butter.