

Spice rubbed lamb cutlets with hummus & char grilled vegetables

Serves 4

Preparation time: 15 minutes

Cooking time: 10 minutes

- 1 tsp coriander seeds, crushed
- 2 tsp ground cumin
- 2 tsp sesame seeds
- 12 French fully trimmed lamb cutlets
- 2 large cobs corn, husk and silk removed
- 400g peeled pumpkin, cut into 5mm thick slices
- 2 bunches asparagus, trimmed
- 75g baby spinach leaves
- 110g (½ cup) hummus, to serve
- 4 small wholemeal flat breads, to serve

Combine coriander seeds, cumin and sesame seeds. Sprinkle both sides of cutlets evenly with the spice mixture.

Preheat a char grill pan or barbecue over medium-high heat. Spray cutlets, corn, pumpkin and asparagus lightly with olive oil. Grill the cutlets for 2 minutes each side (for medium). Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.

Meanwhile, grill the corn, turning, for 6-8 minutes or until tender. Grill the pumpkin for 3 minutes each side and the asparagus for 1-2 minutes, or until lightly charred and tender.

Cut corn kernels from cob. Divide corn, pumpkin, asparagus, spinach and cutlets between serving plates. Serve with a dollop of hummus and the flat bread.

