

Tzatziki with grilled lamb & spinach



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Preparation: about 20 mins (+ chilling and marinating time)

Cooking: about 5 mins Serves: 4

Ingredients:

Tzatziki

1 large Lebanese
cucumber, coarsely
grated and squeezed
to remove juice
1 cup thick natural
Greek-style yoghurt
1 garlic clove, crushed
1 tbs lemon juice
salt and ground black
pepper

2 tbs olive oil
1/4 cup lemon juice
1 tsp cumin
salt and ground
black pepper
8-12 French or trimmed
lamb cutlets
120g baby spinach leaves
lemon wedges, to serve
grilled Turkish bread,
to serve



Method:

1. To make tzatziki, place cucumber, yoghurt, garlic, lemon juice and pepper to taste in a small bowl. Stir to combine. Cover and refrigerate for 1 hour or until ready to serve. Season tzatziki with salt to taste just before serving.
2. Combine oil, lemon juice, cumin and salt and pepper to taste in a large shallow dish. Brush lamb cutlets with cumin mixture. Place cutlets in a shallow ceramic dish, cover and refrigerate for 1 hour (or longer if time permits).
3. Preheat a barbecue or grill on medium-high heat until hot. Barbecue or grill lamb cutlets for 2 minutes on each side (for medium-rare) or until cooked to your liking. Transfer to a plate, cover with foil and rest for 5 minutes.
4. Arrange spinach leaves and lamb cutlets on serving plates. Serve with tzatziki, lemon wedges and grilled Turkish bread.

Lebanese cucumbers:

- Heard the saying 'as cool as a cucumber'? It probably arose because their high water content gives a cooling effect.
- Supply few kilojoules (only 40 kJ/100g).
- A good source of vitamin C. One of the many functions of vitamin C is to help protect us against infections.