

Tamari and chilli glazed lamb with shredded vegetable pickle

Total time **60 mins** 20 mins preparation time 30 mins marinating time 10 mins cooking time

Nutritional facts (per portion):

1634 kJ / 390 kcal

INGREDIENTS

4 portion(s)

4 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
2 tbsp	rice vinegar
1 tsp	hot chilli paste (or to taste)
2 tbsp	mirin
1 tsp	sesame oil
1 tsp	finely chopped fresh rosemary leaves or 1/2tsp dried
12	lamb cutlets
Pickle:	
1	large courgette, trimmed and grated
1 tsp	salt
7.5 cm	piece of white radish, grated
1	large carrot, peeled and grated
1 tsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tsp	sesame oil
2 tsp	sesame seeds
	rosemary sprigs, to garnish

PREPARATION

Step 1

Mix together the soy sauce, rice vinegar, hot chilli paste, mirin, sesame oil and rosemary. Lay the lamb cutlets in a single layer in a large shallow dish and pour the soy sauce mixture over them. Cover the dish with cling film and leave in the fridge overnight to marinade.

Step 2

To make the pickle, place the grated courgette in a colander set over a plate to catch drips, sprinkle with the salt and leave for 30 minutes. Drain, rinse well and pat the courgette dry with kitchen paper. Mix with the grated radish and carrot and drizzle with the soy sauce and sesame oil.

Step 3

Lift the lamb cutlets from the dish and grill for 5-8 minutes or until cooked to your liking, turning once and basting with any marinade left in the dish.

Step 4

Serve the lamb with the courgette pickle with the sesame seeds sprinkled over. Garnish with fresh rosemary sprigs.