



Lamb Cutlets with Watercress Pesto

INGREDIENTS:

4 Parsonage Farm lamb cutlets, trimmed

PESTO:

1 bunch trimmed Hampshire watercress

30g pine nuts

1 clove garlic

40g Parmesan cheese, grated

* 75ml Pratt's rapeseed oil *

Vegetable kebabs:

10 cherry tomatoes

2 small courgettes

4 wooden skewers

SERVES 2

Preheat oven to 180°C / Gas Mark 5.

1. Soak wooden skewers in water for 15 minutes.
 2. Liquidise the watercress, pine nuts, garlic and cheese in a blender and gradually pour in the oil.
 3. Heat a frying pan or skillet and brown the lamb cutlets on both sides. Remove from the pan and put into a roasting dish. Spread the pesto on to the lamb.
 4. Thread tomatoes and courgettes alternately onto the skewers, brush with oil. Season and put onto the roasting dish with the lamb cutlets. Bake in oven for 15 minutes.
 5. Serve with the remaining pesto and new potatoes.
- * Available from the Co-op Local Flavours range

