

**MOROCAAN SPICED LAMB CHOPS**  
**MANGO SALSA, BROCOLLI, CRÈME FAICHE**

- 8 x Lamb Chops 75/80 g each
- 1 x Mango Peeled & Diced
- 1 x Red Chilli de-seeded and chopped finely
- 500g Fresh Broccoli
- Juice of 1 Lime
- 2 x Spoons of Moroccan Spices
- 4 x Tablespoons Crème Fraiche
- 1 x Tablespoon Chopped Coriander or Parsley.

Method:

Combine Mango, Chillies, Lime Juice and Parsley or Coriander. Season with Salt & Pepper

Heat a frying pan. And add a little vegetable oil. Sprinkle the Lamb Chops with the spice mix and season with salt & pepper. Cook on each side for about 3 minutes on fairly high heat.

Add Broccoli to salted boiling water and cook until tender for 3-4 minutes. Strain and add a knob of butter.

Place Broccoli on a serving plate. Add lamb. Spoon over the Mango Salsa and then the Crème Fraiche.  
Garnish with a wedge of Lime.

Enjoy !