

JAMAICAN JERK LAMB CHOPS WITH CHARRED CORN SALAD

Tender lamb marinated in bold jerk seasoning, grilled to perfection. Served alongside a smoky, sweet charred corn salad. Recipe supplied by Meat & Livestock Australia (MLA).

NORMAL | 15 MINUTES | 10 MINUTES | 4 SERVES

Ingredients

- 8 lamb loin chops
- 2 tsp brown sugar
- 2 cloves garlic, grated
- 1 tsp chilli powder
- 1/2 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1 tbsp Australian Extra Virgin Olive Oil
- Salt & pepper

Salad

- 1 red onion
- 2 tbsp red wine vinegar
- 2 avocados
- 1/2 lemon2 zucchinis
- 3 corn cobs
- 1/2 cup coriander leaves
- 1 tbsp Australian Extra Virgin Olive Oil

Instructions

1. Combine sugar, garlic, spices, 1/4 tsp each salt and pepper, and 1 tbsp olive oil in a small dish. Rub spice paste over both sides of the lamb chops.
2. Thinly slice red onion, place in a small bowl with the vinegar and a good pinch of salt. Dice avocado and squeeze over lemon juice. Use a vegetable peeler to shave zucchini into ribbons.
3. Bring 3 cm of water to the boil in a large saucepan. Add corn and simmer for 2 min, turning to cook all sides. Drain well and brush with a bit of olive oil.
4. Preheat a BBQ grill or heavy-based pan to medium-high. Grill corn for 5 min, until golden and slightly charred. Cut kernels from cob.
5. Cook chops for 3-5 min per side, or until cooked to your liking. Transfer to a plate, and cover with foil to rest.
6. Combine corn, zucchini ribbons, avocado, coriander leaves and half the pickled onion. Whisk remaining 1 tbsp oil into the onion vinegar to make a dressing, drizzle over salad. Serve lamb chops with charred corn salad and extra pickled onion.

Top Tips

- Want to try this recipe in an airfryer? Follow these tips
  - Bring lamb chops to room temperature, as you would when cooking on a pan or bbq.
  - Preheat airfryer to 200°C for 10 min, before adding lamb. This helps with browning and keeps the inside moist.
  - Cooking in an airfryer takes roughly the same amount of time as cooking on a pan or bbq. A meat thermometer is the best tool for achieving your desired doneness.
  - For medium, remove chops from airfryer when the internal temperature of the thickest part reaches 60°C. Check temperature, initially, after 9 minutes, then cook for a further minute or two and check again.
- Substitute sweet paprika for chilli powder if preferred.

- Lamb forequarter chops would also work well in this recipe.