



Coke Marinated Lamb

NIBBLEDISH CONTRIBUTOR

Ingredients

For the lamb

- 1 can Coke zero
- 2 lamb cutlets
- 3-4 garlic diced
- dried rosemary
- dried thyme
- salt and pepper
- mustard
- olive oil
- 1/2 an onion sliced

For the salad

- 1 diced tomato
 - shredded lettuce (I used cos lettuce)
 - 1/2 diced avocado
 - 2 sliced mushrooms
 - 1 tablespoon crumbled feta cheese
 - 1 teaspoon balsamic oil
 - 1 teaspoon olive oil
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Instructions

I read somewhere that soaking your meat briefly in Coke can soften and tenderise it as the acid in the Coke breaks it down a tad. So I decided to give the lamb a bit of a soak before washing it and marinating it. So here we go.

For the salad:

1. Wash all the vegetables except avocado's then prepare as stated in the ingredients.
2. When you're done slicing the mushrooms, removing the skin of the avocado and dicing it and the tomatoes, shredding the lettuce, put them all into a salad bowl.
3. Prepare a dressing of a teaspoon of balsamic vinegar and olive oil and drizzle over salad.
4. Mix thoroughly and then crumble some feta cheese over it.

This very basic salad is a good accompaniment? (is that a word?) to most meat dishes, much like mashed or roasted potatoes yum! In any case we should eat our greens!

For the lamb:

1. Wash lamb cutlets then pat them dry with a paper towel before putting them into a shallow dish and pouring Coke on them, just enough to cover the tops of the lamb. Leave aside for 15-20 minutes.
2. Slice a few cloves of garlic finely then chop them up finely, it doesn't have to be neat sometimes slightly bigger chunks of garlic are yummy when you bite into them.
3. After lamb has finished marinating, wash them again and pat dry with a paper towel. Marinate for at least 2 hours before cooking, with garlic, rosemary, thyme, salt and pepper.
4. Heat up a frying pan and throw in lamb. (just note that lamb should be at room temperature before throwing it into the pan, I also cooked the lamb to a medium-

rare)

5. When lamb is done to your liking, set aside to cool down a little while you fry up some onions in the remaining oil till they are lightly browned.
6. Put the onions on a plate with the lamb resting on it, put a dollop of mustard at the side (I used wholegrain mustard) or have it with some mint sauce. YUM!

The lamb really was very tender, not fall off your fork tender but noticeable more soft and juicier than when I previously used to fry or grill lamb. Do try it and let me know how it turns out. :) It can also be used for other meats to tenderise or even as part of a marinate. :) Enjoy!