



# Lemon Cranberry Lamb

NIBBLEDISH CONTRIBUTOR

## Ingredients

For 2:

4-6 lamb chops  
2 tsp Chinese five-spice  
Salt n pepper  
Bit of olive oil

100g couscous  
150ml boiling stock  
100g butterbeans  
2 tbsp cooked peas  
2 tbsp lemon juice

Zest and juice of 1 lemon  
Zest and juice of 1 lime  
1 tbsp wholegrain mustard  
2 tbsp dried cranberries

## Instructions

1. Season the chops with salt, pepper and five-spice.
2. Mix the juice, zest and mustard in a bowl and sit the chops in it for 10 minutes.  
Shake off the excess and set the bowl aside.
3. Seal the lamb in a hot pan with the oil for a minute or two on each side.
4. Transfer the lamb to a baking tray and roast at 190 degrees C for 10-20 minutes, depending on how well done you like it.

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5. Meanwhile, put the couscous into a bowl, pour over the stock and cover for 5 minutes. Add the butterbeans, peas, and lemon juice.
  6. Gently heat the juice mixture, adding in the cranberries towards the end. Pour over the chops and serve with the butterbean couscous.