

# Lamb chops with fettuccine and spring pesto

An unexpected dinner combination with juicy lamb chops and fresh pesto fettuccine, you will be amazed at how this makes you feel.

- Serves 4
- Cooktime 10 mins
- Preptime 10 mins

## Ingredients

- 1 cup each fresh basil leaves, flat-leaf parsley leaves and mint leaves
- ¼ cup (35g) shelled pistachios, toasted
- 1 garlic clove
- ½ cup (125ml) extra virgin olive oil, plus more for coating lamb
- 8 Coles Australian Lamb Cutlets
- 250g dried fettuccine
- 2 bunches asparagus, woody ends trimmed, cut into 4cm pieces
- 4 cups loosely packed baby rocket leaves (about 60g)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

Preheat a barbecue for medium-high heat. In a food processor, combine basil, parsley, mint, pistachios and garlic. Blend mixture, stopping machine to scrape side of bowl occasionally, until herbs are chopped. Add oil and blend briefly to combine. Season with salt and pepper and set pesto aside.

### 2. Step 2

Coat lamb with oil and sprinkle with salt and pepper. Barbecue for 2-3 mins each side or until char marks form and lamb is medium-rare (54°C) in centre. Transfer lamb to a plate to rest while pasta cooks.

### 3. Step 3

In a large pot of salted boiling water, cook fettuccine following packet directions or until tender with some bite. During the last 3 mins of cooking, add asparagus. Drain pasta and asparagus, reserving  $\frac{3}{4}$  cup (185ml) cooking liquid.

#### **4. Step 4**

In a large bowl, mix pesto and  $\frac{1}{3}$  cup (80ml) reserved cooking liquid. Add pasta and asparagus and toss to combine. Stir in rocket and season with salt and pepper. Add more reserved cooking liquid if necessary to moisten pasta. Transfer to a platter and serve with lamb.