

Bring the Far East into your kitchen with MeatMATTERS.com

South-East Asia, the Far East, the wild east. There can't be a more exciting area to travel around. Ancient cultural sites can transport you back in time to a period of immense grandeur and beauty and on bustling city streets, tantalising smells of exotic food fill the atmosphere. Now it is so easy to create the smells and tastes of South-East Asia right here at home with a little help from MeatMATTERS.com.

Just in time for the summer, MeatMATTERS.com has devised a zingy **Sticky Soy baked Lamb Chops with Mashed Sweet Potato and Fennel, Chilli Slaw** to leave taste buds tingling for more! A great dish for entertaining, you can really wow your guests with this scrumptious lamb recipe influenced by East Asian ingredients. The combination of fennel, and carrots, lime juice, fresh coriander and sweet chilli sauce will definitely leave a lasting impression.

This dish is packed full of goodness too with essential vitamins and nutrients; sweet potatoes that are rich in complex carbohydrates, as well as dietary fibre, vitamin C, and vitamin B6; carrots and limes contain vitamin C; and lean lamb is a great source of vitamin B12. So enjoy this great summer dish while feeling virtuous about all the goodness served up with it!

For more delicious and nutritious recipes visit www.meatmatters.com.

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For more information, recipes and hi-resolution images please contact:

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Sticky Soy baked Lamb Chops with Mashed Sweet Potato and Fennel, Chilli Slaw

Feeds: 4 - 6
Time to cook: About 40 minutes
Temperature: Gas mark 4-5, 180°C, 350°F

Take

Lean loin lamb chops
Mustard
Reduced salt soy sauce
Garlic
Dark brown sugar
Root ginger
Sweet potatoes
Black pepper
Fennel
Carrots
Sweet chilli sauce
Lime
Fresh Coriander



Make

Mix together **15ml (1tbsp) mustard**, **45ml (3tbsp) reduced salt soy sauce**, **3 cloves garlic**, squashed, **30ml (2tbsp) dark brown sugar**, **2.5cm (1") root ginger**, peeled and grated.

Place **8 lean loin lamb chops** into a roasting pan lined with foil, smear over the soy mixture and mix until thoroughly coated. Place in preheated oven and cook for 30-45 minutes until chops are dark and well baked

Meanwhile place in a roasting pan **4 small sweet potatoes**, unpeeled and bake until tender (About 40 mins). Remove and carefully peel off skin and mash with **black pepper**.

Make Fennel Slaw: Finely slice/shred **1 small fennel bulb** and **2 carrots**, peeled and cut into small sticks or grated, and mix together with **30ml (2tbsp) sweet chilli sauce**, $\frac{1}{2}$ lime, juice and **30ml (2tbsp) fresh coriander**, roughly chopped.

Eat

Serve chops piled on sweet potato mash with side order of fennel slaw.