



Sesame Crusted Lamb Cutlets in Oyster Sauce on Brown Rice

1 x family size packet of SunRice
Fragrant Brown Rice
in 2½ minutes
8 lean lamb cutlets
4 tbsp sesame seeds
4 tbsp oyster sauce
1 cup chicken stock

Serves 4
Prepared and cooked
in 10 minutes

Cover lamb with sesame seeds on both sides

Cook lamb cutlets with olive oil over medium heat for 2 minutes until each side is golden

Microwave rice for 2½ minutes as per packet instructions

Add oyster sauce to the lamb and coat well followed by stock

Cook for 30 seconds over medium to high heat until lamb is coated and glossy

Divide rice between bowls and arrange cutlets over the top

Spoon over sauce and serve



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Fragrant Brown Rice

SunRice Fragrant Brown Rice in 2½ minutes made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

