



## Sesame Crusted Lamb Cutlets in Oyster Sauce on Brown Rice

1 x 250g packet of SunRice  
Medium Grain Brown Rice  
in 90 Seconds

4 lean lamb cutlets  
2 tbsp sesame seeds  
2 tbsp oyster sauce  
1/2 cup chicken stock

Serves 2  
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 90 seconds 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



The Rice Food Experts

[www.10minutemeals.com.au](http://www.10minutemeals.com.au)

### Medium Grain Brown Rice

SunRice Medium Grain Brown Rice in 90 seconds made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

