

# The Ultimate 30-Minute Rosemary Lamb Cutlet

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-lamb-cutlet-recipe>

## Ingredients:

- lamb cutlets 16 pieces
- salt a pinch, Optional
- black pepper Freshly Ground, to taste
- fresh rosemary 4-6 sprigs
- olive oil 4 TBsp
- baby carrots
- asparagus 8 large
- broccolini 16 stems
- 1 whole cloves bulb + 2 single
- yellow onion 1 large
- cherry tomatoes 2 vines
- mint leaves 100 g
- sugar Castor, ½ TBsp
- boiling water 1 ½ TBsp
- honey 1 ½ TBsp
- white wine vinegar 4 TBsp
- salt a pinch

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 420 milligrams
8. Sugar: 11 grams

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