



**Minted Lamb Chops & Pickled Pumpkin**

# Ingredients

## Lamb Rack

1 lamb rack, 6-bone

## Marinade

1 tsp Kashmiri chilli powder

1 tsp peppercorns, crushed

1 tbsp of olive oil

Salt

1/2 tbsp of ginger and garlic paste

1 tbsp of lime juice

1 tsp dried mint powder

## Pickled Pumpkin

100g of pumpkin, diced

4 tbsp of pumpkin seeds

4 tbsp of distilled pickling vinegar

1 tsp fennel seeds

1 tsp mustard seeds

1 tsp nigella seeds

2 tsp degi mirch powder

1 tsp ginger, chopped

2 tbsp of oil

Salt

## Method

To begin, pickle the pumpkin. Soak the diced pumpkin and pumpkin seeds in distilled pickling vinegar overnight.

When ready to serve, heat the oil in a pan and add the fennel and mustard seeds. Once they start to crackle, add the pumpkin and pumpkin seeds and cook, tossing regularly, for a minute or so.

Add the degi mirch powder, ginger and nigella seeds and cook for a couple of minutes. Check the seasoning and remove from the heat.

To begin, prepare the lamb rack by cutting into individual chops. Clean up the bones using a small, sharp knife.

Mix together all of the marinade ingredients and add to a bowl with the lamb chops, making sure the meat is completely covered and refrigerate for 6 hours to marinate.

Grill the lamb under a very hot grill, in a chargrill pan or on a barbecue for 1 minute on each side.

Sprinkle with the dried mint and serve with the pickled pumpkin and a side of rice.

In collaboration with [Great British Chefs](#).