

## Quick cooking

# Lamb chops with mint and cilantro chutney, arugula, pear and walnut salad

THE ASSOCIATED PRESS

A meat-centered dinner that you can have ready in half an hour calls for just the right balance of ingredients to make it tasty as well as easy to do. Here's a recipe for a simple grilled meal, with chutney and a salad, too, that will not keep hungry diners waiting around.

Directions for realizing this pleasing food feat are in a cookbook by Australian Fiona Carns, "Low Carb High Flavor Recipes Made Easy" (Bay Books, 2003, \$19.95 paperback).

In the introduction, Carns explains her low-carb guidelines, but does not include nutrition analysis with each recipe. She does provide precise preparation and cooking times, and the large-format book has some color photos for recipes that range from breakfast through desserts.

### Rib Lamb Chops With Mint and Cilantro Chutney

(Preparation 20 minutes, cooking time 5 to 10 minutes)

12 rib lamb chops  
4 vine-ripened tomatoes, cut in half horizontally  
Olive oil, or olive oil spray  
Sea salt  
Cracked pepper  
4 tablespoons mint and cilantro chutney (recipe follows)  
Preheat grill.

Trim all visible fat from lamb. Lightly brush or spray lamb and tomatoes with oil, and season with salt and pepper. When grill is hot, add lamb and tomatoes. Cook lamb for 2 minutes each side until lamb is medium-rare, or longer according to taste.

Serve chops stacked 3 to a serving, on top of each other, with a dollop of chutney and tomatoes on the side. Arugula, pear and walnut salad is a fine accompaniment (recipe follows).

Makes 4 servings.

### Mint and Cilantro Chutney

(Preparation 5 minutes)

1 handful cilantro leaves  
3 handfuls mint leaves  
1/2 red onion  
1 teaspoon sea salt  
2 cloves garlic  
1/4 cup lime juice  
1 tablespoon fish sauce (Asian, Thai-style)  
1/2 teaspoon chili paste (Asian sambal oelek)

Finely chop herbs, onion and garlic with all other ingredients and mix well; or blend in a food processor until well combined. Serve with grilled lamb, chicken or fish.

Makes 1 cup.

Arugula, Pear and Pan-

### Toasted Walnuts

(Preparation 10 minutes, cooking time 2 minutes)

1 teaspoon butter  
1 teaspoon olive oil  
1 handful shelled walnuts (13/4 ounces)  
4 tablespoons grated Parmesan cheese  
Sea salt  
4 large handfuls arugula  
1 Bosc pear, cut into fine segments  
3 tablespoons Caesar dressing  
1 tablespoon white wine vinegar  
1 tablespoon lemon juice  
Cracked pepper

Heat a nonstick frying pan over medium heat. Add butter and oil. Break walnuts into pieces and add to pan once butter has melted. Cook walnuts, shaking frequently, until golden. Scatter 1 tablespoon Parmesan over walnuts and remove from heat. Sprinkle walnuts with a little salt.

Mix Caesar dressing, vinegar and lemon juice thoroughly.

To serve, place arugula and pear on a large platter. Scatter over walnuts, and drizzle with lemon-Caesar dressing. Top with remaining Parmesan and cracked pepper.

Makes 4 servings.

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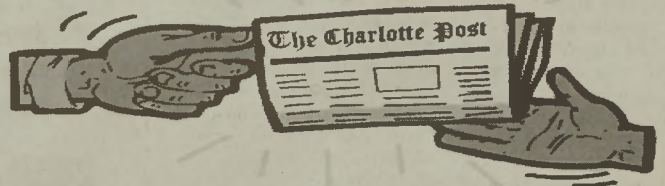
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