

CRUMB CHOPS

(C. Fernandes)

Ingredients

6 lamb chops
1 large onion,
1 tomato
2 green chillies
Fresh coriander
Soya sauce

Method:

- ❖ Use meat tenderizer to pound chops so they are fairly thin.
- ❖ Cut onions fine, tomatoes, green chillies and coriander.
- ❖ Add soya sauce, garlic and egg to the mixture.
- ❖ Place chop on plate and put mixture on chop.
- ❖ Sprinkle with bread crumbs and press down.
- ❖ Turn over and put paste on other side and fry in hot oil till brown.
- ❖ Fry each one separately.