* This article is brought to you by Lamb and Mutton SA.

1. LAMB 'PITA' BURGERS

Traditionally served with spit-roasted lamb, these pita burgers are an easy twist on a popular Middle Eastern street food. This recipe is one the kids will love – serve for dinner or as a lunchbox treat that's sure to make them the favourite on the playground.

[Get the lamb pita burgers recipe here](#)

2. TOMATO BREDIE

A classic South African slow-cooked stew that undoubtedly needs to be in everyone's recipe list. This recipe is courtesy of Head of Food, Liezl Vermeulen's *ouma* and is like a hug from home.

[Get the tomato bredie recipe here](#)

3. MINTED LAMB CHOPS

A simple lamb recipe that yields impressive results! Grill over coals or in the oven – they're versatile enough to go from midweek dinner to weekend braai!

Get the minted lamb chops recipe here

4. FRAGRANT DURBAN LAMB CURRY

This Durban lamb curry is a testament to the phrase "good food takes time" but it's all worth it! Serve with fluffy basmati rice or rotis and swap lamb for mutton, if you like.

Get the fragrant Durban lamb curry recipe here

[5. CRISPY ASIAN LAMB RIBS](#)

Forget what you know about cooking succulent lamb ribs, our recipe is ready in half the time so you can kick back and dig in faster.

[Get the crispy Asian lamb ribs recipe here](#)

Did you know? Lamb is younger than a year, while a sheep older than one year is referred to as mutton. Lamb meat is more tender than mutton.

South African lamb and mutton is what nature intended meat to be. Free of added hormones, fed purely off the land, high in nutrients often lacking in the modern diet, delicious and easy to prepare! Lamb and Mutton SA is the official consumer education function for South African lamb and mutton, supported by the entire red

meat industry value chain. For more #sheepthrills visit *cookingwithlamb.com* or follow them on *Instagram.*

Browse more delicious recipes here.