

Lamb cutlets with fattoush and baba ganoush

Bahārāt means ‘spice’ in Arabic, and the same-named spice mix is simply a Middle Eastern all-purpose seasoning that is the perfect flavouring to accompany the lamb in this yummy dish.

SERVES 4

PREP TIME 20 MINUTES, PLUS 5-10 MINUTES MARINATING

COOKING TIME 10 MINUTES

8 × 60 g French-trimmed lamb cutlets,
visible fat removed
1 clove garlic, crushed
1 teaspoon finely grated lemon zest
2 teaspoons lemon juice
1 small red onion, thinly sliced
1 tablespoon malt vinegar
2 teaspoons sumac
1 teaspoon baharat spice mix
olive oil spray, for cooking
2 tablespoons dukkah or nut-free dukkah (see page 293),
to serve
1 cup baba ganoush (see page 262), to serve
lemon cheeks, to serve

FATTOUSH

1 × 85 g wholemeal pita bread
3 Lebanese (short) cucumbers, cut into 1 cm cubes
3 tomatoes, cut into 1 cm cubes
1 large red capsicum (pepper), seeded, membrane
removed, cut into 1 cm pieces
1 × 400 g tin low-salt chickpeas, drained and rinsed
1 large handful mint leaves
1 large handful coriander leaves
2 tablespoons classic salad dressing (see page 289)

1. Place the lamb, garlic, lemon zest and juice in a zip-lock bag. Seal and set aside for 5–10 minutes to marinate.
2. Combine the onion, vinegar and a pinch of the sumac in a small bowl and set aside, stirring occasionally.

3. Heat a chargrill pan, heavy-based frying pan or barbecue grill-plate over medium–high heat. Drain the lamb, shaking off the excess marinade, then sprinkle with the baharat and spray lightly with oil. Cook the lamb for 2–3 minutes on each side for medium–rare or until cooked to your liking. Transfer to a plate, sprinkle with the remaining sumac, cover loosely with foil and set aside for 5 minutes to rest.
4. For the fattoush, warm the pita bread in the same pan you cooked your lamb in or on the barbecue for 1–2 minutes on each side or until golden and crisp. Remove and set aside to cool, then break into 5 cm pieces.
5. Combine the cucumbers, tomatoes, capsicum, chickpeas, mint, coriander and dressing in a large bowl. Drain the onion, discarding the liquid, and add to the salad with the pita, then gently toss to combine.
6. Divide the fattoush and lamb evenly among 4 plates and sprinkle with the dukkah. Serve with the baba ganoush and lemon cheeks.

NUTRITIONAL ANALYSIS

TO SERVE 4 (PER SERVE)

ENERGY (KJ) 2349

PROTEIN (G) 29

CARBOHYDRATE (G) 33

SATURATED FAT (G) 10

SODIUM (MG) 545

FIBRE (G) 14