

INGREDIENTS

BBQ LAMB

Deboned lamb leg (or 500g steaks)

1 tsp garlic powder

1 tsp onion powder

1 tsp rosemary

1 tsp oregano

1 tsp harissa powder

Salt and pepper to taste

Oil for drizzling

SALAD

1 cucumber (diced)

1 x can 400g chickpeas (drained and rinsed)

3 roasted red peppers (thinly sliced)

¼ cup parsley (chopped)

¼ cup coriander (chopped)

½ red onion (sliced)

3 tbsp balsamic vinaigrette

100g goat cheese or feta cheese (whipped with a little milk to thin)

INSTRUCTIONS

LAMB

1. Rub lamb with the spices and set aside for 30 minutes
2. Heat BBQ to 180 degrees, place lamb onto grill and cook for 17-25 minutes - turning all the time until cooked to your liking
3. Remove to rest before slicing

SALAD

1. In a large mixing bowl, add the cucumber, chickpeas, roasted red peppers, parsley, red onion, and balsamic vinaigrette. Toss to combine

Layer the plate with a base of the whipped feta or goats cheese, then add some salad and on top place some slices of the lamb, finally finishing with a handful of the fresh herbs from the salad as a garnish. Serve and enjoy!



Seared BBQ Lamb



6 servings



60 minutes

Lamb is the ultimate indulgent meat to have on the BBQ if you are having your family or friends over.

This recipe puts a Middle Eastern twist on a Kiwi favourite dish, and the fresh herb and chickpea salad adds a really light element to the meal - making it ideal for late Summer afternoons in the sun.