



LAMB STEAKS WITH PESTO YOGHURT, ROASTED TOMATO, CHICKPEAS

This Mediterranean take on lamb steak is super easy to prepare and delivers big time on flavour. It will make a striking impression at your next date night - low effort (and low carb), beautiful to look at, delicious and nutritious.

INGREDIENTS: (SERVES 2)

1 x 400 g can chickpeas, drained
30 ml (2 tablespoons) olive oil
(plus extra)
salt & pepper, to taste
5 ml smoked paprika (optional)
2,5 ml (½ teaspoon) ground cumin
300 g whole small tomatoes (or
vine tomatoes)
250 ml (1 cup) plain double
cream yoghurt
15 ml (1 tablespoon) pesto (rocket
or basil or coriander), plus extra
2 large lamb steaks
a handful fresh basil leaves, to serve

METHOD:

Preheat the oven to 180OC. In a medium mixing bowl, add the chickpeas, 30 ml olive oil, salt & pepper, paprika and cumin. Toss to coat, then turn out on one side of a medium baking tray. On the other side, arrange the tomatoes, then drizzle them also with olive oil and season with salt & pepper. Bake at 180OC for 45 minutes. In the mean time, mix the yoghurt and pesto together in a small mixing bowl and set aside. About 15 minutes before the chickpeas and tomatoes are ready, season the steaks with salt & pepper and drizzle all over with olive oil. Fry in a hot pan on both sides until cooked but still pink in the centre (about 3 minutes a side), then remove from the pan and leave to rest for a few minutes while you get ready to plate. To serve, swirl some yoghurt on two plates, top with the fried steaks and finish with the roasted tomatoes and chick peas and some fresh basil. Finish with a few extra drops of pesto, then serve at once.