

Lamb with Hummus and Carrot Chips

Serves 4

2 x large lamb backstraps

1 tablespoons ground cumin

1 tablespoon dried oregano

4 x carrots, julienned into fries

8 x stalks kale, leaves roughly torn, stem discarded

Slivered almonds

4 heaped tablespoons hummus (see Linked website for homemade recipe)

4 heaped tablespoons Fetta

1 handful mint leaves, roughly chopped

1 handful coriander leaves, roughly chopped

Chilli flakes to serve

Preheat the oven to 180°C. Toss the carrots in 1 teaspoon coconut oil and some salt and pepper. Bake for 30-40minutes or until crisp on the edges.

Meanwhile sprinkle the lamb with the cumin, oregano and some salt and pepper. When the carrots have 20 minutes remaining, toast the almonds in a dry fry pan until lightly browned and set aside. Place 1 teaspoon of coconut oil in the pan and cook the lamb for 3-4minutes each side or until cooked to your liking. Transfer to a plate and cover with foil for 5 minutes. Wipe the pan clean with some paper towel and add the kale and 1 tablespoon of water. Cook until lightly steamed and wilted.

Slice the lamb and divide onto four plates. Serve with the carrot chips, kale, hummus, fetta, mint, coriander, almonds and a sprinkle of chilli flakes.

