



COOKING PASSION SINCE 1877

SPICY HARISSA LAMB WITH CHICKPEAS AND POMEGRANATE

Serves 2

INGREDIENTS

Lamb Cutlets:

- 1 heaped tbsp harissa paste
- 1 tbsp olive oil
- 6 lamb cutlets
- Pinch of salt
- Pinch of freshly ground black pepper

Chickpeas:

- 1 tbsp olive oil
- 1/2 red onion, peeled and finely sliced
- 1 clove garlic, minced
- 1 x 400g tin chickpeas, drained and rinsed
- 2 tbsp water (or stock)
- Pinch of salt
- Pinch of freshly ground black pepper

To Serve:

- 4 tbsp pomegranate seeds
- 8 fresh mint leaves, sliced thinly
- 1 lemon, sliced into wedges

METHOD

1. Mix together the harissa paste and olive oil. Spread onto both sides of the lamb cutlets, then cover and refrigerate for an hour (up to overnight).
2. Preheat the grill to high (for the Neff oven, preheat the full-surface grill to 275C)
3. For the chickpeas, add the oil to a medium-sized frying pan and heat on a medium heat. Add the onion and garlic and cook for 3-4 minutes until the onion softens. Add the chickpeas, water, salt and pepper and cook for a further 5 minutes, until heated through.
4. Meanwhile, place the marinated cutlets in a grill tray. Sprinkle with salt and pepper, and grill for 3-4 minutes each side (for medium – cook longer for well-done).
5. Divide the cutlets between two plates. Serve with the chickpeas. Sprinkle the pomegranate seeds on top of the chickpeas.
6. Garnish with chopped mint and lemon slices before serving.

TIP

If you're cooking for lots of people and need to grill the lamb cutlets in batches, keep the cooked lamb cutlets warm on a plate, in your Neff warming drawer, whilst you prepare the rest.