

Barbecued Spiced Lamb Chops With Pumpkin & Salad



Serves: 4



Cooking Time 20 minutes



Level: Advanced



INGREDIENTS

1 large lemon
3 cloves garlic
1 teaspoon dried chilli flakes
2 teaspoons fennel seeds
1 tablespoon rosemary leaves
90ml extra virgin olive oil
8 lamb loin chops
1/4 (800g) jap pumpkin
1 bunch rocket
100g goat's cheese

PREPARATION

1. Preheat a barbecue or chargrill pan over medium-high heat. Meanwhile, zest and juice the lemon, keeping the zest and juice separate. Using a mortar and pestle, grind garlic and 1 teaspoon salt to a paste, then stir in lemon zest, 2 tablespoons lemon juice, chili flakes, fennel seeds, rosemary and 80ml oil. Reserve remaining juice. Transfer one-third of the marinade to a small bowl and reserve for serving.
2. Divide remaining marinade between 2 large bowls. Add lamb to 1 bowl, toss well to coat, then marinate for 5 minutes.
3. Meanwhile, cut pumpkin into 2cm-thick wedges, then halve wedges widthwise. Place in a single layer on a large, microwave-safe plate. Cover with plastic wrap and microwave on full power for 5 minutes or until almost tender. Drain liquid, then add pumpkin to second large bowl with marinade. Toss to coat.
4. Barbecue lamb for 4 minutes each side or until almost cooked through. Rest for 5 minutes. Meanwhile, barbecue pumpkin for 2 minutes each side or until lightly charred.
5. To make salad, whisk 1 teaspoon reserved lemon juice, remaining 2 teaspoons oil and a pinch of salt in a large bowl. Add rocket and toss to combine. Crumble over goat's cheese.