



D'lish Food2Go Recipes

Baba Ganoush is a delicious Middle Eastern eggplant dip. We use the freshest eggplants and smoke them to make a flavoursome and tasty dip.

SPICED LAMB WITH CHICKPEA AND BEETROOT SALAD

Serves 4

½ tsp each ground cumin, ground coriander & ground cinnamon
1 tsp olive oil
salt and pepper, to taste
400g lamb fillets
olive oil cooking spray
2x 400g can chickpeas, drained, rinsed
1/3 cup roughly torn fresh mint leaves
1/3 cup (65g) raisins
400g can beetroot wedges, drained
1/3 cup (90g) **D'lish Food2Go** baba ganoush
freshly ground pepper

Combine spices, olive oil, salt and pepper. Brush lamb with spice mixture. Spray a non-stick frying pan with olive oil. Heat over a medium high heat and cook the lamb fillets for 3 minutes for medium. Transfer to a plate. Cover with foil. Set aside to rest for 3-5 minutes.

Toss chickpeas, mint and raisins in a bowl. Divide the chickpea salad and beetroot among serving plates. Slice lamb diagonally. Serve with the salad. Top with a dollop of baba ganoush and freshly ground pepper.

*Other **D'lish** serving suggestions*

- replaces butter or margarine on a salad sandwich
- serve with toasted Turkish bread
- spread on Lebanese bread, add grilled lamb or chicken and add lettuce, tomato, spanish onion and cheese
- add a spoonful to hot mashed potato for a delicious variation
- spread on fresh bread, top with steak, rocket and roast capsicum for a tasty steak sandwich