

Tunisian Lemon & Chilli Lamb with Roasted Corn

Serves: 4

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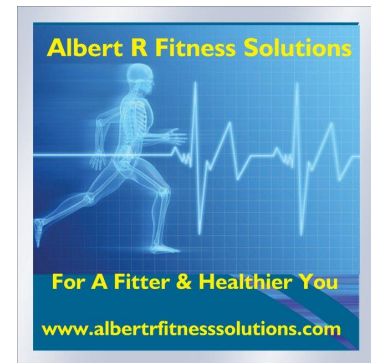


Details

Serves : 4
 Fat:
 Protein:
 Carbohydrates:
 Fibre

Nutritional details per serve

Calories: 483
 18.3
 40.9
 34.3
 13.2



Instructions :

1. Pre-heat a sandwich grill to high-heat and an oven to 200C.
2. Place the corn cob into the oven for approx 6 minutes, or until cooked to your liking.
3. Place the harissa sauce, half the lemon juice and the olive oil into a sandwich bag along with the lamb steaks and coat well; transfer to the sandwich grill and cook for approximately 5 minutes or until cooked to your liking.
4. Meanwhile, thinly slice the red onion and fresh chilli, and dice the tomato and cucumber. Toss together with the salad leaves and transfer to a serving plate and season to taste with salt and pepper.
5. Transfer the lamb steaks and corn cob to the serving plate.

Chefs suggestions:

- If you don't have harissa sauce, you can replace with any brand of hot chilli sauce, for example, Nando's Peri Peri sauce.
- If you don't like your food too spicy, you could use BBQ sauce instead.

Quantity	Ingredients	Suggested Brand
4 cup	mixed salad leaves	Average, all brands
4	tomatoes, small (approx 100g each)	Average, all brands
1	red onions, small (approx 60g each)	Average, all brands
20 mls	extra virgin olive oil	Olive Grove
60 mls	lemon juice, bottled	Jif
4 pinch	black pepper	Average, all brands
1	fresh red chillies (approx 45g each)	Average, all brands
4	corn cob, large (approx 200g each)	average, all brands
4 pinch	sea salt	Average, all brands
60 g	harissa sauce	Michael's Fine Foods
60 g	cucumber (approx 1 inch)	Average, all brands
560 g	lamb, steak, lean	average, all brands