

Chick Pea Salad with Grilled Lamb Fillets **Arianne Spratt 07/03/07**

Chick Pea Salad

Ingredients

100ml olive oil
400g canned chickpeas, drained (or soak dry ones overnight and cook as per packet directions)
1 large red onion, chopped
5 garlic cloves, chopped
1 or 2 red chillies, chopped finely
250g crumbled feta cheese
4 spring onions, chopped-green part only
½ cup chopped continental parsley
Juice of 2 lemons



Method

Heat a splash of olive oil & gently fry off onion, garlic & chilli. Set aside to cool.
Mix olive oil & lemon juice to make a dressing.
Mix all other ingredients together & then add onion mix & dressing & salt & plenty of cracked pepper.

Serve with Grilled Lamb Fillets (recipe below).

Note:

This recipe can be made ahead of time (the day before if desired) and refrigerated until needed. The flavours seem to get better when they all combine. As it is very filling and nutritious, it makes a great meal on its own.

Grilled Stuffed Lamb Fillet

Ingredients

1 x 200g lamb backstrap per person
1 x jar marinated yoghurt cheese (labne - I like the one by Binnorie Dairy),
drained and mashed up

Method

Using a sharp, thin bladed knife, cut a slit into each lamb backstrap. Cut almost through to the end and each edge (taking care not to cut right through). Using a piping bag (or one made from silicon paper), squeeze some of the yoghurt cheese into each pocket, taking care not to overfill. Use a toothpick to secure the ends if you like.

Heat a ridged grill pan until quite hot. Spray with olive oil spray and cook the lamb for 2-3 minutes on each side or until cooked to your desired level of "doneness".

Slice on the diagonal into two pieces and serve on top of the chickpea salad.