

Chargrilled Green Tomatoes & Lamb Chops with Pickled Yoghurt

Okay, if you haven't tried underripe green tomatoes, you must! Tangy and firm (so they won't fall apart on the barbecue) they taste A-MAZE-ZING with lemon, garlic and a little bit of chilli. Perfectly paired with some lamb chops, chargrill the lot for a great summer night's feast!

- 2 teaspoons extra-virgin olive oil
- 12 lamb chops (1.3 kg), excess fat removed
- 2 cups rocket leaves

GRILLED GREEN TOMATOES

- 500 g green tomatoes, sliced 1 cm thick
- 2 garlic cloves, minced
- Juice of 1 lemon
- ¼ teaspoon dried chilli flakes
- ¼ teaspoon sea salt flakes

PICKLE YOGHURT

- 35 g (¼ cup) finely chopped gherkins
- 125 g (½ cup) low-fat natural yoghurt

To make the pickle yoghurt, add the gherkins and yoghurt to a bowl and mix to combine. Set aside.

Drizzle the olive oil over the lamb chops and season with salt and freshly ground black pepper. Massage the oil and seasoning into the meat.

For the grilled green tomatoes, put the tomatoes in a large bowl with the garlic. Sprinkle the lemon juice over and season with the chilli flakes, salt and a pinch of freshly ground black pepper. Toss to coat.

Preheat a barbecue grill plate to high, or heat a cast-iron chargrill pan over high heat on the stovetop, until it is almost smoking.

Add the tomatoes and lamb to the barbecue or chargrill pan. Cook the tomatoes for 2 minutes on each side until charred. Cook the lamb for 3 minutes on each side for medium. Transfer to a plate and allow to rest for a few minutes.

Divide the lamb chops, grilled green tomatoes, rocket leaves and the pickle yoghurt between four plates and serve.





Sumac Chickpeas & Tomato Salad Pita Chip Crunch

A super simple, meat-free Monday recipe that only takes 20 minutes to make? Yes please! Better still, make a double batch of these delish sumac chickpeas for protein-rich snacky munchies and salad sensation crunchies later in the week.

- 2 large pita breads, sliced into 3 cm pieces
- 2 x 400 g cans chickpeas, drained and rinsed
- 1 tablespoon sumac
- 3 teaspoons extra-virgin olive oil
- 600 g cherry tomatoes, halved
- 2 Lebanese cucumbers, sliced
- ½ red onion, finely sliced
- 1 tablespoon red wine vinegar
- ½ teaspoon sea salt flakes
- 1 cup flat-leaf parsley, finely chopped
- ½ cup dill sprigs, finely chopped
- 4 tablespoons (4 serves)
Roasted Garlic Cream (page 220) or low-fat natural Greek yoghurt
- 1½ tablespoons roughly chopped roasted almonds

Preheat the oven to 180°C.

Spread the pita pieces across a large baking tray.

Place the chickpeas on another large baking tray and sprinkle with the sumac and olive oil and toss to coat.

Place both trays in the oven and bake for 10 minutes until the pita and chickpeas are golden brown.

Meanwhile, place the cherry tomatoes, cucumber, red onion, red wine vinegar, salt, parsley and dill in a large bowl and toss to combine.

Divide the tomato salad, pita chips and sumac chickpeas between four bowls. Spoon the roasted garlic cream over the top, scatter with the almonds and serve.

Note To make this vegan, use coconut yoghurt in place of the roasted garlic cream or Greek yoghurt.



Chocolate Crackle Bites

When chocolate cravings strike, you'll be stoked to have a batch of these super yummy chocolate crackle bites in the freezer. We've used tahini here for a rich, sesame flavour, but you can swap it out for a nut butter of your choice. It's crackling good stuff!

85 g dark chocolate (70% cocoa), roughly chopped
2 tablespoons tahini
90 g (3 cups) puffed rice
Pinch of sea salt flakes

Line a baking tray with baking paper.

Add the dark chocolate and tahini to a medium saucepan over medium-low heat. Heat, stirring, for 4 minutes, until completely melted and combined. Remove from the heat, add the puffed rice and stir it through until completely covered in the chocolate mixture.

Transfer the mixture to the baking tray and flatten it out, pushing down on the mixture with the base of a cup, until smooth. Sprinkle with a little salt, then place in the freezer for 30 minutes, or until set.

Slice into shards to serve.

Note Store the frozen chocolate crackle bites in an airtight container or ziplock bag in the freezer for up to 3 months.

BOOST

➤ Add 35 g (¼ cup) of chopped macadamias to the mixture. **Extra 30 calories per serve.**



SERVES
8



PREP
2 minutes + 1
hour setting time



COOK
5 minutes



CALS PER
SERVE
101



GLUTEN
FREE

