

# Sumac Lamb Cutlets with Roasted Beetroot and 'Superblend' Salad



I always get a tad excited when I find something new in the supermarket. The McKenzie's Super Blend mix of Freekeh, lentils & Beans sounded pretty interesting to me so I thought I would give it a whirl. It was awesome! Loads of goodness in one packet that were the perfect vehicle for Middle Eastern inspired flavours. Sumac spiced lamb cutlets, grilled to perfection on a roasted beetroot and red onion salad, chock full of fresh mint, parsley and toasted pine nuts. Perfect!

This is not a sponsored post, although it probably should be!

Just a tip for the lamb.....if cutlets are not within your budget then you could most definitely use lamb rump which tends to be cheaper. Or, you could do as I do and buy them

when they are on special.

Prep time: 20 minutes  
Minutes (marinating time 1 hour)  
Budget

Cooking time: 40  
\$\$ Medium

Serves 4

10-12 lamb cutlets (depending on size of cutlets and eaters)

1 1/2 tbs of sumac

1/4 cup of olive oil

Grated rind of 1 lemon

Sea salt and pepper

1 cup of Greek Yoghurt

For the Salad:

1 cup of McKenzie's Superblend 'Fibre', cooked according to packet instructions (found in the soup mix area of the supermarket)

2 large or 4 small fresh beetroot, peeled and sliced into wedges

1 red onion, peeled, halved and sliced into wedges

2 tbs of olive oil (for drizzling)

1 tsp of ground cumin

Sea salt and pepper

1/4 cup of toasted pine nuts

2 tbs of extra virgin olive oil

Juice of 1 lemon

1 heaped tsp of good quality honey

1 cup of parsley leaves

1/2 a cup of mint leaves

In a small bowl combine 1 tbs of the sumac, olive oil, lemon rind and salt and pepper. Pour the marinade over the lamb cutlets in a shallow dish, making sure they are evenly coated. Marinate for at least 1 hour or overnight if you wish.

Preheat the oven to 180°C. Place the beetroot and red onion in a lined shallow baking tray. Drizzle with oil, sprinkle over the ground cumin and season with salt and pepper. Toss to coat and bake in the oven for 40 minutes or until the beetroot is tender when pierced with a knife.

Place the cooked Superblend in a large bowl with the beetroot, red onion, parsley, mint and two thirds of the pine nuts. Toss to combine and set aside, ready to dress just before serving.

Combine the Extra virgin olive oil, lemon juice and honey in a bowl. You may want to zap it in the microwave for 30 seconds

to dissolve the honey and it is also rather nice pouring a hot dressing over the salad

Combine the yoghurt and remaining sumac together and set aside.

Pre heat a BBQ or griddle pan to nice and hot. Cook the lamb on both sides for 3-4 minutes for medium rare. Allow to rest while you plate the salad.

Place a heaped tablespoon of the sumac yoghurt on each plate and use the back of your spoon to spread it out in a circular motion. Dress the salad, tossing to combine and divide the salad between the plates, piling on top of the yoghurt and then place the cutlets on top. Scatter over the remaining pine nuts, drizzle over a little olive oil and serve.

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