

# Seared lamb with hummus and toasted pine nuts

Silky hummus topped with toasty pine nuts and garlicky nuggets of lamb. This is eastern Mediterranean fare, from The Lebanon<sup>1</sup>, and based on a recipe by *Nigella Lawson*.

Quantities serve 4 people.

## Ingredients

- 4 small ramekins of hummus
- 80 g pine kernels
- 30 ml Zaytoun **FAIRTRADE** olive oil
- 3 cloves garlic
- 350 g lean lamb pieces
- 60 g pomegranate seeds

### Garnish

- a little olive oil
- 4 small fresh coriander sprigs

Remove the garlic and put the lamb pieces into the garlicky oil.

Fry the lamb until it starts to become brown and crispy.

## Serve

Distribute the cooked lamb over the ramekins and sprinkle on the pine kernels and pomegranate seeds.

Finish with a little drizzle of oil and a sprig of fresh coriander.

Pitta pockets and a side dish of mixed salad finishes this off to perfection.

## Method

For the ramekins of hummus, either cheat and buy tubs from the supermarket, or make your own using the *Fairtrade Cookbook* recipe<sup>2</sup>, starting with 200 g dried chickpeas and adding 45 ml Greek Yoghurt to give a creamy luxurious texture.

Skin and slice the garlic.

Dry fry the pine kernels in a non-stick pan over medium heat, watch them like a hawk, they will burn in a flash.

Put the toasty pine kernels on one side and warm up the oil. Fry the garlic for a few minutes until it starts to turn brown.

Meanwhile trim any fat off the lamb and slice the pieces into small cubes.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/lebanon.htm>

<sup>2</sup><http://www.fairtradecookbook.org.uk/recipes/hummus.htm>