

Dukkah Crusted Lamb with Coriander Chilli Yogurt

Serves 4

Ingredients

2 x 300g lamb backstraps, trimmed

1/4 cup dukkah*, for coating

250g (1 cup) Australian low fat natural yogurt

1/3 cup chopped fresh coriander

1 red chilli, seeded and chopped

grated rind of 1/2 lemon

tabbouli, for serving

Method

1. Press dukkah onto lamb, place in a baking dish and cook at 200°C for 15 minutes or to your liking. Rest for 10 minutes before slicing.
2. Combine yogurt, coriander, chilli and lemon rind in a bowl. Serve sliced lamb over tabbouli, topped with coriander and chilli yogurt.

Additional Information

- Try with chicken, pork or beef fillet.



Nutritional Analysis Per Serve

Energy: 1085kJ

Sugar: 4g

Protein: 38g

Sodium: 141mg

Calcium: 181mg

Total Fat: 9.9g

Saturated Fat: 4.3g

Iron: 6.5mg

Carbohydrate: 4g

Fibre: 0g

*Note: Dukkah is a traditional North African mixture of sesame seeds, hazelnuts, coriander, cumin, salt and pepper, which can be purchased from supermarkets or specialty food stores.