



Lamb Backstraps with Spicy Lentils

Spicy Lentils:

2 tbs olive oil,	1 tsp ground turmeric
1 onion, chopped	2 tsp ground cumin
1 carrot, finely diced	1/2 tsp cayenne pepper
3 cloves garlic, crushed	1 large diced tomato
2 tsp ground coriander	1 cup brown lentils
1/2 tsp ground cinnamon	chicken stock
1/2 tsp ground cloves	fresh coriander, chopped

Sauté the onions, garlic and carrots in the olive oil, until the onions go glassy. Add the spices and roast until they change colour and smell aromatic. Add the tomatoes and lentils, cover with chicken stock, bring slowly to the boil and simmer until tender and most of the liquid is absorbed. Add salt to taste. Sprinkle with fresh coriander just before serving.

Lamb Backstrap: Coat backstraps in oil and rub a little salt and pepper all over. Sear or bbq backstraps 5 minutes on each side. Let rest for 10 minutes before slicing and serving with lentils.