

Lamb Fillets with Middle Eastern Za'atar

Ingredients

- 600gm Lamb Fillet or Lamb Backstrap
- 40gm Wildings Middle Eastern Za'atar Spice Blend
- 2 Tbsp. Peanut oil
- 2 small Lemons cut in half (as if to juice)
- 4 small pieces of muslin (to wrap the lemon in)
- 4 pieces of string (to tie up lemon in muslin)

Method

Ensure lamb is well trimmed. Combine peanut oil with Za'atar and roll the lamb in the oil mix. Place on a hot skillet or onto a hot BBQ plate and cook for approximately 5 minutes on each side for medium rare, or longer if desired.

Place lemon in muslin and tie with string for a garnish. Serves Four.

Serving Suggestion

Serve with a salad of shredded blanched snow peas, cucumber ribbons, a good quality Fetta cheese and toasted flaked almonds.

This recipe is low in fat, contains no preservatives, additives or M.S.G and is high in flavour and is very easy to prepare.