

BARBECUED LAMB ON LENTILS

INGREDIENTS

- 4 x 200g lamb back straps
- 1 tbs olive oil
- 2 garlic cloves, crushed
- 800g canned lentils, rinsed and drained
- 1/3 cup basil leaves
- 1/2 punnet (125g) grape or cherry tomatoes, roasted
- Plain low fat yoghurt, to serve

METHOD

1. Heat a lightly oiled chargrill or barbecue to high.
2. Cook on chargrill or barbecue for about 5 minutes each side (for medium rare) until browned. Rest for 5 minutes.
3. Meanwhile, heat oil in a saucepan over medium heat. Add garlic and cook for 1 minute. Add lentils and cook for 3 minutes until heated through.
4. Remove pan from heat, stir in basil and tomatoes, then season. Thickly slice lamb. Serve over lentils with yoghurt.

Serves 4

	Per Serving (450g)	Per 100g
Energy	1670	372
Protein	52	11.6
Fat – Total	12.5	2.8
- Saturated	3.9	0.9
Carbohydrate - Total	16	3.6
- Sugars	2.5	0.6
Sodium	710	158

**BIG
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