

Less than 45 minutes

Serves 4

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Ingredients:

Lamb:

- Olive oil
- 250g lamb mince
- 1-2 Tbsp (15-30ml) Moroccan spice mix + extra for serving
- Salt and milled pepper

Hummus:

- 1 can (400g) chickpeas, drained
- 8 tsp (40ml) tahini or peanut butter
- 1 tsp (5ml) ground cumin
- 1 clove garlic, crushed
- 2-3 Tbsp (30-45ml) cold water
- Juice (60ml) and grated peel of 1 lemon
- Handful mint and/or flatleaf parsley
- Chopped salad and toasted pitas, for serving

Method

1. Heat a glug of olive oil in a pan.
2. Season mince with Moroccan spice mix, salt and pepper and fry until crispy and fragrant, about 10-15 minutes.
3. Blitz hummus ingredients together in a blender until completely smooth.
4. Spread on a large plate and scatter over the crispy lamb.
5. Drizzle with olive oil and scatter over herbs and a little Moroccan spice mix.
6. Serve hummus and lamb with salad and pitas.

### **GOOD IDEA**

Speed things up by making the hummus while the lamb is browning in the pan and use a stick blender to blitz the hummus – it saves on washing up.

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