

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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