

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Lamb with Freekeh, Apricots and Pistachios

Ingredients Serves 4

250g pre-cooked freekeh (see below)

75g dried apricots, roughly chopped

Small bunch of fresh rosemary, thyme and parsley, chopped

3 tbsp olive oil

100ml lamb or vegetable stock

4 lamb steaks

250g cherry tomatoes on the vine

50g pistachios, roughly chopped

2 tbsp balsamic vinegar

Method

Preheat the oven to 210°C. Heat half the oil in a roasting tin and cook the lamb steaks in the oven for 5 minutes on one side to brown. Reduce the oven to 190°C. Remove the lamb steaks from the roasting tin. Add the freekeh, dried apricots, herbs and stock to the hot roasting tin and top with the lamb steaks, browned side uppermost, followed by the tomatoes. Sprinkle over the pistachios, drizzle over the remaining olive oil and cook for a further 20 minutes.

Remove from the oven and sprinkle over the balsamic vinegar. Sprinkle with some extra nuts and herbs to garnish if you wish.

To cook freekeh

For freekeh, use one-part freekeh to three parts liquid. Rinse it before adding to boiling salted water or stock. Return to the boil, cover and simmer for 15 - 20 minutes or until tender. Wholegrain freekeh needs more water and a longer cooking time, 35 - 45 minutes or until tender.

Approx Per portion

Kcals 498

Fat 29g

Protein 30g

Carbs 54g