



Tabbouleh is a fresh and zingy Middle Eastern salad normally made with bulgur wheat, which is a high-carb grain. I substitute broccoli rice for bulgur, and I must say I think this version is better than the original. This salad keeps for two days in the fridge.

Tabbouleh with Middle Eastern lamb chops

8 lamb loin chops
salt to taste
90 ml olive oil
5 ml ground coriander
5 ml smoked paprika
5 ml cumin seeds
2.5 ml chilli flakes
1 large broccoli, broken into florets
10 g fresh mint, plus extra for serving
10 g fresh basil, plus extra for serving
10 g fresh flat-leaf parsley, plus extra for serving
5 scallions
1 garlic clove
30 g butter
1 red onion, quartered
5 snacking cucumbers or ½ English cucumber
200 g cocktail tomatoes
juice of 1 lemon

1. Season the lamb chops with salt. Combine half the olive oil with the spices in a small bowl and rub the chops with it.
2. Combine the broccoli florets, fresh herbs, scallions and garlic in the bowl of a food processor and pulse until the broccoli resembles rice or couscous. Pour into a salad bowl and season with salt.
3. Heat a medium frying pan over medium to high heat. Add the butter and the olive oil in which the lamb marinated to the pan and cook the chops for 2 minutes on each side. Turn each chop onto the fat side to render the fat and make it crispy. Reduce the heat if the spices start to burn.
4. Meanwhile, roughly chop the red onion, cucumbers and tomatoes and season lightly with salt. Add to the broccoli rice in the salad bowl and drizzle over the lemon juice and remaining olive oil. Toss well.
5. Serve the salad with the lamb chops and extra fresh herbs.

Serves 4