

Buckwheat Tabouleh with Grilled Mirrool lamb Backstrap

Serves: **4 people**

Ingredients:

175g Roasted Buckwheat
6 Tablespoons chopped fresh mint
12 Tablespoons chopped fresh parsely
6 Tablespoons sliced shallots
3 large tomatoes , halved seeded and finely chopped
2 lebanese cucumber peeled deseeded and finely diced
1 red onion peeled and finely diced
2 Tablespoon olive oil
Zest and juice of 1 lemon
Sea salt and ground white pepper
2 Mirrool lamb back straps

Method:

1 Rinse and drain the buckwheat. Bring a medium sized pot of water to the boil, add the buckwheat and cook for 10 minutes or until tender. Drain and allow to cool.

Mix the mint , parsely, shallots, tomato, cucumber, onion olive oil, lemon, zest and juice thoroughly in a bowl, season with the sea salt and white pepper to taste, chill until required.

2. Season the lamb with sea salt and pepper and drizzle with olive oil, heat a griddle or a BBQ .

Once very hot place lamb on griddle and cook for 3-4 minutes both sides, remove from heat and allow to rest for 5 minutes.

3. To serve

Divide the tabouleh on to 4 plates, and slice the lamb and place over the tabouleh. Drizzle with olive oil and serve immediately

