



# Houmous Lamp Chops and Lentil Salad

NIBBLEDISH CONTRIBUTOR

## Ingredients

For 2 people

4 small lamp chops

4 tsp houmous

200g lentils

large handful of spinach leaves

100g roasted peppers

juice of half lemon

olive oil

## Instructions

1. Mix the lemon juice with a bit of oil
2. Rip the spinach leaves and slice the peppers and mix together with the lentils. Toss with the lemon dressing
3. Season the lamp chops and grill for a few minutes on each side
4. Add a tsp of houmous to the top of each lamp chop and put back under the grill until it goes golden