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TASTE Sensation



Paula McIntyre

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Shawarma spiced BBQ lamb steaks

Shawarma spiced bbq lamb steaks, grilled courgette, red onion and tomato salad, flat breads and feta mint dressing.

Ingredients

Shawarma spiced BBQ lamb steaks

4 x 200g lamb leg steaks
½ teaspoon ground nutmeg
1 teaspoon garlic powder
1 teaspoon smoked paprika
2 teaspoons garam masala
1 teaspoon freshly ground black pepper
seeds of 4 cardamom pods, crushed

Grilled courgette, red onion & tomato salad

1 large courgette, cut into chip size pieces
1 red onion, peeled, cut in half through root then each half cut into 5 wedges through the root
8 medium vine tomatoes, halved

50g feta
leaves from 2 sprigs mint
oil for cooking
salt and pepper to taste

Feta, mint dressing

150ml Greek yoghurt
75g feta, crumbled
50ml olive oil or Brighter Gold rapeseed oil
juice ½ lemon

leaves from 4 sprigs mint, roughly chopped

1 clove garlic, minced
salt and pepper to taste

Flatbreads

350g self raising flour
½ teaspoon salt
2 tablespoons Greek yoghurt
2 tablespoon Brighter Gold rapeseed oil or olive oil
175ml lukewarm water

Method

Shawarma spiced BBQ lamb steaks

Take the lamb out of the fridge 30 minutes before grilling.

Mix all the spices and rub over the lamb steaks. Leave for 10 minutes then place on hot grill. Cook for about 3 minutes each side (*more if you like them well done*) and rest. Slice to serve.

Grilled courgette, red onion & tomato salad

Toss the courgettes in a tablespoon of oil and place on bbq. Cook for a minute on each side or until golden and season with salt and pepper. Brush the onions with oil and season with salt. Add to the bbq and cook for a minute on each side. Brush the tomatoes with oil, season with salt and place cut side down on the bbq for 30 seconds just to mark. Place all the vegetables on a platter, crumble over the feta and rip the mint leaves over the top.

Feta, mint dressing

Blend together.

Flatbreads

Mix together to a dough and cover with a teatowel.

Leave for an hour then divide into 4 pieces. Roll each piece out to ½ cm thick and cook on a dry grill pan until bubbles appear. Flip over and cook for a minute on the other side. Drizzle with more Brighter Gold oil while it's warm.

