THE LIGHTER PLATE METHOD

Lamb, Chickpea & Pumpkin Bake

Everything roasts together on one tray until the chickpeas turn crisp and the lamb is tender.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**40 min**	**55 min**	**4**	**EASY**

Ingredients

- 8 lamb chops
- 2 x 400g tins chickpeas (drained)
- 500 g pumpkin or squash (cut into wedges)
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 2 tbsp olive oil
- 1 small handful fresh coriander

Method

1. Heat the oven to 200°C (fan 180°C). Toss the chickpeas and pumpkin with the cumin, paprika and oil on a large roasting tray.
2. Roast for 20 minutes.
3. Season the lamb chops and nestle them among the chickpeas and pumpkin.
4. Return to the oven for 18–20 minutes, until the lamb is cooked to your liking and the vegetables are tender and caught at the edges.
5. Scatter with coriander before serving.

Tips & swaps

- Pat the chickpeas completely dry before roasting — they crisp up far better without excess moisture.
- Swap lamb chops for lamb leg steaks if that's easier to find.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
460	**32g**	**30g**	**24g**	**9g**

Estimated values, for guidance only.