

# GRILLED STEAK AND LAMB WITH FRESH HERBS, FETA, AND POMEGRANATE

Thoughtful seasoning and marinating can elevate even the simplest of dishes, and this recipe is an excellent example of just that. The flavors of rosemary, garlic, and red chili flakes are a match made in heaven, especially when sprinkled on a meaty, juicy steak. Because we wouldn't dream of spending the money on sometimes pricey grass-fed lamb, we gave it the royal treatment of fresh garlic and herbs, a beautiful garnish of green sauce deliciousness, and little pink gems of pomegranate seeds. This dish is simply gorgeous!

Prep time: 40 minutes, plus optional overnight marinade

Cook time: 10 minutes

Serves 6



Brush the steak with olive oil and season with garlic, rosemary, red pepper flakes, salt, and pepper. Allow to marinate for at least 30 minutes, or overnight in the fridge.

Combine all lamb chops marinade ingredients in a blender and puree. Coat the lamb and allow it to marinate for 30 minutes, or overnight in the fridge.

Combine all fresh herb and feta sauce ingredients in a bowl, except for the garnishes. Let sit for at least 1 hour, or up to 6 hours in the fridge. The flavors improve as it sits. Serve at room temperature.

Putting it all together:

Remove the steak and lamb from the marinade. Grill (or broil) the meat over high-heat for a few minutes on each side, or until cooked to your liking. Rib-eye steaks will take longer than sirloin steaks and lamb chops.

Let the meat rest for a few minutes, then lightly sprinkle with Maldon sea salt. Serve with the fresh herb and feta sauce, garnish with pomegranate seeds.

## Marinade for the Steak:

3 rib-eye or sirloin steaks,  
trimmed  
3 sprigs rosemary, chopped  
4 garlic cloves, chopped  
1 teaspoon red pepper flakes  
extra-virgin olive oil  
Kosher salt and freshly ground  
pepper, to taste

## Marinade for the Lamb Chops:

6 lamb chops  
¼ cup extra-virgin olive oil  
bay leaf  
2 tablespoons rosemary leaves  
¼ cup parsley  
¼ cup mint  
2 garlic cloves  
5 black peppercorns

## Fresh Herb and Feta Sauce:

6 lamb chops  
¼ cup extra-virgin olive oil  
bay leaf  
2 tablespoons rosemary leaves  
¼ cup parsley  
¼ cup mint  
2 garlic cloves  
5 black peppercorns

## For Garnish:

Maldon sea salt flakes  
⅓ cup pomegranate seeds

*Note: Remove the meat from the refrigerator at least 30 minutes before grilling to ensure even cooking. Grill your meat in a heavy cast-iron grill pan if you don't have a gas or charcoal grill. It won't have that smoky grilled flavor we all love, but it will still be delicious.*

Tip: In order to get a nice sear on your meat and ensure that the meat doesn't stick, make sure your grill is very hot. When you place the meat on the grill, you should hear it start to sizzle immediately. Let the meat cook for a few minutes without moving it. For even more surface caramelization, rotate the meat by 90 degrees and cook a few more minutes. Turn the meat over and cook for an additional 3-5 minutes depending on the size of the meat. Use the touch method to test for doneness. If the meat is still soft to the touch, it is rare. When you start to see the juices run to the surface of the meat, it is cooked to about medium. As the meat firms up, it moves closer to being well-done.

Tip: Grab a few extra things while you're out shopping like some eggplants, zucchini, and peppers. Slice them up, drizzle with a bit of olive oil, and grill for a few minutes on each side. Sprinkle with Maldon sea salt or whip up a feta spread with mint, garlic, lemon, and olives and serve everything alongside your grilled meat. It's beautiful, healthy and delicious eating at its best!