

CHARGRILLED LITTLE GEM WITH LEMON TAHINI



Moderate



20 minutes



Side



04 Servings

INGREDIENTS

2 baby gem lettuce
4 tbsp extra virgin olive oil
flaked sea salt or Pink Himalayan salt to taste
cracked black pepper to taste
1-2 lemons, halved

Lemon Tahini

2 tbsp tahini
4 tsp extra virgin olive oil
squeeze of lemon, from the chargrilled lemon above, to taste
pinch of flaked sea salt or pink Himalayan salt
2 tbsp water depending how thick your tahini is

To serve

1 tbsp extra virgin olive oil
2 tsp sesame seeds



COOKING STEPS

Preheat a griddle pan on medium-high.

Cut the gem lettuce in half, or quarters if you prefer.

Rub 2 tbsp of olive oil over the lettuce, using your fingers or a pastry brush, and season with salt and pepper.

Chargrill for about 2 - 3 minutes per side until crisp and you can see the char marks. Slice the lemon in half and grill for about 2 - 3 minutes too until slightly charred in the centre. Allow the lemon to cool slightly before adding to the tahini.

Lemon tahini

Add all the dressing ingredients to a bowl and mix with a whisk until smooth. Using a whisk stops the dressing splitting, unlike when using a spoon.

Plate the lettuce and drizzle with lemon tahini, 1 tbsp of extra virgin olive oil, sesame seeds and optional extra seasoning.