



GREEK-STYLE LAMB SALAD BY ANNABEL LANGBEIN



Serves 4

INGREDIENTS

4 lean lamb steaks
1 tbsp olive oil
salt and ground black pepper, to taste

GREEK-STYLE SALAD

6 handfuls spinach or rocket leaves
2 spring onions, finely chopped
300 g cherry tomatoes, halved
2 Lebanese cucumbers, sliced
400 g green beans, lightly cooked, drained and refreshed
2 tbsp capers
Finely grated zest and juice of 1 lemon
60 g feta or goat cheese, crumbled
4 tbsp pesto thinned with 2 tbsp boutique extra virgin olive oil, to dress

METHOD

Rub lamb with oil and season with salt and pepper. Heat a heavy frying pan over medium-high heat and sear lamb for 4 minutes each side. For medium-rare it should feel quite soft when you press the centre. Remove lamb from pan, cover with tinfoil and a clean tea towel and allow to rest.

While lamb rests, make the salad by placing spinach or rocket, spring onions, tomatoes, cucumbers, beans and capers in a salad bowl. Slice lamb thinly across the grain and add to salad along with meat juices from the board, lemon zest and juice. Toss to combine then sprinkle with feta or goat cheese and drizzle with thinned pesto to serve.