

Spring lamb salad

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Spring lamb salad

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A light, tasty summer salad.

Ingredients (serves 6)

- 2 organic [lamb](#) loins/ back strap, approx. 250 g each (also leanest part of lamb)
- ½ bunch thyme
- 2 cloves garlic
- Splash each of olive oil, mustard, lemon juice.
- 2/3 head baby cos lettuce
- 24 podded peas
- 12 spears of medium-sized asparagus
- 200 g salted ricotta (or feta)
- 100 g spring pea tendrils
- 1 handful of broad beans (optional)
- 2 large sweet potatoes (diced/cubed)
- 1 bunch fresh mint leaves, picked
- 20 local sun dried kalamata olives
- 40 ml verjuice
- 1 tsp honey
- 100 ml olive oil

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- Salt and pepper

Method

Clean all sinew off lamb back (speak nicely to your butcher, he may do this for you!).

Finely chop thyme and the garlic. Mix with the mustard/olive oil/ lemon juice, generously smear over the lamb, leave for 30 minutes.

Meanwhile, wash lettuce, pod peas and peel [asparagus](#). Blanch peas first for 30 seconds then add asparagus and cook for a further 20 seconds. Refresh in ice-cold water.

Roast sweet potato cubes in hot oven for 30 to 40 minutes until cooked, but not mushy.

Heat griddle, add a splash of olive oil. When smoking, add lamb and cook three to four minutes each side. Be careful not to burn. Leave to rest for five to six minutes.

Make a quick dressing by combining the verjuice, honey and oil. Season to taste.

Toss all the salad ingredients in a large bowl (lettuce, peas, asparagus, feta, sprouts, sweet potato, mint leaves, olives). Place in the middle of a serving plate. Slice lamb and place around and on top, drizzle over vinaigrette.

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