

Lamb noodle salad with chilli and mint

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Lamb noodle salad with chilli and mint

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Colourful, exciting, healthy and full of big flavours and textures, this salad perfectly celebrates lovely crisp slivers of leftover roast lamb, which in turn are paired with lamb's two best mates, Mr Mint and Mr Chilli.

It never fails to deliver and is also happy when wogged into a little tortilla, rolled and wrapped – enjoy.

Total time: 25 minutes /
473 calories

Ingredients (serves 6)

- 2 thumb-sized pieces of ginger
- 1–2 fresh red chillies
- 8 tablespoons olive oil
- 4 tablespoons red wine vinegar
- 4 tablespoons low-salt soy sauce
- 300g medium rice noodles
- 2 carrots
- 1 cucumber

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- 2 gem lettuces
- 1 round lettuce
- 1 bunch of fresh mint (30g)
- 250g leftover cooked [lamb](#)
- 1 tablespoon sesame seeds

METHOD

Peel the ginger, then finely grate it with the chilli into a small bowl. Add the oil, vinegar and soy sauce to make a dressing, then put aside.

Put the noodles into a bowl, cover with boiling water and soak for around 15 minutes, or until tender, moving them about with tongs every now and then to separate them. Speed-peel the carrots into long ribbons, erratically slice the cucumber (I'm loving my crinkle cut knife – you should get one!), and put both into a large salad bowl. Trim the lettuces, cut into random wedges and place on top of the carrots and cucumber. Pick over the mint leaves. Drain the noodles and add to the salad bowl.

Finely slice or shred the lamb, then put into a large frying pan on a high heat with the sesame seeds. Toss together and fry for a few minutes, or until the lamb is nice and crispy and the seeds are golden.

Mix up the dressing, drizzle it over everything in the salad bowl and toss together until well coated. Finely slice the remaining chilli and scatter over, then top with the crispy sesame lamb and serve right away.

*Tip: If you go to your green grocer, you can get a small handful of lots of different veg by weight – such as sugar snaps or mangetout, fresh peas and radishes – making this salad even more exciting.

Recipe from [Save with Jamie](#); Photo credit: David Loftus

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