

## 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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