



# Greek lamb

Serves: 4

## Time

Preparation time 5 minutes

Marinate 1 hour

Cooking time 10 minutes

## Ingredients

### Ingredients for the lamb

- 4 boneless lamb leg steaks
- 1 teaspoon olive oil
- 2 teaspoons mint sauce (jarred)
- 2 cloves garlic, crushed
- freshly ground black pepper
- 1 pinch dried chilli flakes (optional)

### Ingredients for the salad

- 4 large tomatoes, stalk removed and cut into chunks
- 100g feta cheese, cut into cubes
- 70g of pitted black olives (optional)
- 70g (1 bag) salad leaves, or chopped iceberg lettuce
- a small handful of fresh mint, chopped
- 1 tablespoon balsamic dressing (buy a 'healthy option' one)
- freshly ground black pepper

## Method

1. Trim any fat from the lamb steaks and cut each steak into three long strips.
2. Mix olive oil, mint sauce, crushed garlic, black pepper and chilli flakes together in a shallow bowl.



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3. Add the lamb pieces to the marinade and mix, coating each piece of meat well. Cover the bowl with cling film and set into the fridge for at least 1 hour.
4. While the meat marinates, soak the wooden skewers in cold water.
5. Preheat grill to high.
6. Thread each piece of lamb onto a wooden skewer and grill under a high heat for 3–4 minutes on each side.
7. Whilst the lamb is cooking, make the salad: mix the tomato and feta chunks together, then add black olives, salad leaves, chopped mint, balsamic dressing and black pepper.

Serve with your choice of accompaniment, for example pitta bread or cousous.