

Lamb Saffron Salad



what you need

- 400g John Penny lean lamb, diced
- Pinch of saffron threads
- 1 tsp boiling water
- ½ onion, finely chopped
- Juice of 1 lemon
- 2 tbsp of olive oil
- Freshly ground black pepper
- 4 little gem lettuces, finely shredded
- 2 tbsp of mint leaves, torn
- 4 spring onions, sliced
- 1 cucumber, peeled and thinly sliced
- 2 bunches of radishes, trimmed and sliced
- ½ tsp of cumin seeds
- 300g low-fat greek yogurt
- 4 pitta breads

Cooking time: 25 mins plus chilling time

Serves: 4

how to cook

- 1 Grind the saffron to a powder. Add 1 tsp boiling water and stir until the powder is dissolved.
- 2 Put the onion in a bowl with the lemon juice, saffron liquid and ½ tsp olive oil. Add the lamb and season with freshly ground black pepper. Cover and chill in the fridge for a minimum of 30 minutes- ideally for 2 hours.
- 3 Mix together the lettuces, mint, spring onions, cucumber and radishes in a salad bowl.
- 4 Heat a non-stick pan, add the cumin seeds and dry-fry for 2 minutes. Grind lightly with the back of a spoon or the end of a rolling pin, then sprinkle over the yogurt.
- 5 Add the remaining oil to the pan. Add the lamb and cook for 8-10 minutes, turning frequently.
- 6 Lightly toast the pitta bread and cut into strips. Transfer the lamb to the salad bowl and toss thoroughly.
- 7 Serve warm with the pitta strips and yogurt dip.