

Warm Sweet Onion and Lamb's Liver Salad



Preparation time: 10 mins

Cooking time: 15 mins

Serves: 4

how to cook

- 1 Melt the butter in a heavy based saucepan, add the onions and cook slowly until softened approximately 10-15 minutes.
- 2 Add the sugar and increase the heat, stir occasionally as the onions caramelize.
- 3 Do not leave the pan unattended.
- 4 Heat the olive oil in a frying pan and cook the lambs' liver for approximately 8-10 minutes, turning to seal all edges.
- 5 In a large bowl mix together the spinach and watercress salad, Anya potatoes, sliced lambs' liver and top with the caramelised onions.
- 6 Place all the ingredients for the dressing in a jar with a screw top lid and shake well, then drizzle over the salad and serve immediately.

what you need

- 340g John Penny lambs' liver, sliced
- 25g butter
- 2 onions, peeled and sliced into rings
- 2 teaspoons sugar
- 2 teaspoon olive oil
- 120g spinach and watercress salad
- 500g Anya potatoes (or other salad potatoes), cooked

For the dressing

- 8 tablespoons extra virgin olive oil
- 2 tablespoon balsamic vinegar
- 1 teaspoon English mustard
- 1 teaspoon lemon juice

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