

Greek salad with lemon & oregano lamb



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Preparation about 15 minutes
(+ marinating time)

Cooking about 10 minutes

Serves 4

700g lamb sirloins, cut into 2cm cubes

2 tbs olive oil

2 tbs lemon juice

2 garlic cloves, finely chopped

1 tbs finely chopped oregano

Greek salad

350g mini Roma tomatoes, halved lengthways

2 Lebanese cucumbers, quartered lengthways
and cut into 1cm pieces.

1/2 small red onion, finely sliced

100g feta cheese, roughly crumbled

1/3 cup Kalamata or black olives

Salt and ground black pepper

1 tbs extra virgin olive oil

1. Soak 12 x 18cm bamboo skewers in cold water. Place lamb in a shallow dish. Combine oil, lemon juice, garlic and oregano in a jug. Drizzle mixture over lamb and toss to combine. Cover and set aside to marinate for 30 minutes.
2. Meanwhile, make Greek salad by combining all ingredients in a large bowl. Gently toss to combine. Set aside.
3. Preheat a greased barbecue plate or char-grill over medium-high heat. Thread lamb onto soaked skewers. Barbecue or char-grill lamb, turning occasionally, for 8–10 minutes (for medium) or until cooked to your liking. Serve lamb with Greek salad.



Lebanese cucumbers

- Supply few kilojoules (only 40 kJ/100g) and they come with a sprinkling of many minerals and vitamins.
- A good source of vitamin C, a vitamin that is vital to the body's defence against illness.
- Very low in sodium and so can help balance a diet that contains foods with added salt.