

# Oregano & lemon lamb with avocado Greek salad



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**Preparation:** about 20 minutes  
(+ marinating time)  
**Cooking:** about 10 minutes  
**Serves:** 4

750g lamb sirloins or lamb leg steaks  
2 garlic cloves, finely chopped  
¼ cup lemon juice  
2 tbs olive oil  
2 tbs oregano leaves, chopped  
3 vine-ripened tomatoes, cut into wedges  
2 Lebanese cucumbers, chopped  
½ small red onion, very thinly sliced  
1 large just-ripe avocado  
125g feta cheese, roughly crumbled  
1–2 tbs extra virgin olive oil  
Salt and ground black pepper  
Lemon wedges, to serve

1. Place lamb in a shallow dish. Combine garlic, 2 tbs lemon juice, olive oil and oregano in a bowl. Whisk to combine. Pour over lamb, cover and set aside for 20 minutes.
2. Preheat a greased barbecue plate or char-grill on medium high heat. Barbecue or char-grill lamb for 3–6 minutes on each side (depending on thickness) or until cooked to your liking. Transfer to a plate, cover and set aside for 10 minutes.
3. Meanwhile, to make salad, combine tomatoes, cucumber and onion in a bowl. Halve avocado lengthways, remove seed and roughly chop. Add avocado and feta to salad. Drizzle with remaining 1 tbs lemon juice and extra virgin olive oil. Season with salt and pepper and toss to combine. Slice lamb across the grain, and serve with avocado salad and lemon wedges.



### Avocado

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy state.

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