

Broad bean, spinach & lamb salad

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Preparation 30 mins | Cooking 15 mins | Serves 4

1 kg broad beans, podded*
Olive oil cooking spray
¼ cup slivered almonds
2 x 275g lamb loins (backstraps)
100g baby spinach leaves
½ cup small mint leaves
300g can chickpeas, rinsed and drained
3 green onions (shallots), trimmed and thinly sliced
1 carrot, shredded
Lemon wedges, to serve

Tahini dressing:

½ cup thick Greek-style natural yoghurt
1 tbs tahini
1 tbs lemon juice
½ tsp pomegranate molasses (optional)

*yielding about 250g podded broad beans

STEP 1 Plunge broad beans into a small saucepan of boiling water. Cook for 1 minute then drain and refresh in cold water. Remove thick outer skin and set broad beans aside.

STEP 2 Heat a large non-stick frying pan over medium-high heat. Spray pan with oil. Add almonds and cook, tossing often, until golden. Transfer to a plate. Spray lamb with oil and season with salt and pepper. Pan-fry lamb over medium-high heat for 4-5 minutes (for medium-rare) on each side or until cooked to your liking. Transfer to a plate, cover and set aside to rest.

STEP 3 Meanwhile, arrange spinach, mint, chickpeas, green onions and carrot on a serving platter. To make the dressing, combine all ingredients in a small bowl. Season with salt and pepper to taste. Whisk until combined.

STEP 4 Thinly slice lamb and arrange on salad. Sprinkle with toasted almonds. Drizzle with dressing and serve with lemon wedges.