

Cajun lamb strips with summer salad

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Add strawberries, green beans and feta to cajun lamb strips to create a tasty summer salad

Ingredients (serves 2)

- 100g or two lamb strips
- 1 cup green beans
- 4 strawberries (halved)
- 1 tbsp smooth reduced-fat feta
- 1 tbsp finely chopped mint
- 1 tsp extra virgin olive oil
- 1 tsp balsamic vinegar
- 1 tsp Cajun spice
- Olive oil

Method

Preheat a grill to medium heat. Coat the lamb in Cajun spice and add a tsp of olive oil on the grill. Cook lamb for 3-5 minutes on each side. Once cooked, cover with foil and allow to rest for about 5 minutes.

Place a water-filled saucepan over a high heat. Once boiling, add the beans and simmer for about 1 minute. Drain the beans and run under cold water until the beans are cooled right through. Place to

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one side.

Wash strawberries. Cut the lamb strips into smaller pieces diagonally against the grain. Layer ingredients onto a plate: beans, then lamb pieces, then strawberries, fetta and chopped mint. Finally, add the oil and balsamic vinegar and serve immediately.

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