

Lamb Fattoush

Adapted from: BBC Food

Prep time: less than 30 minutes

Cook time: 10-30 minutes

Total time: 35 minutes to 1 hour

Serves: 4



Ingredients

For the Lamb:

2 tbsp. vegetable oil
8 oz. lamb, minced
½ onion, finely chopped
1 clove garlic, crushed
2 tsp. ground cinnamon

For the Dressing:

½-1 cup EVOO
4 lemons, juice and zest
1 clove garlic, crushed
salt and freshly ground black pepper

1.5-2 oz. ground sumac

For the salad:

1 pitta bread, torn into small pieces
8 plum tomatoes, deseeded and quartered
½ cucumber, cut into batons
½ green pepper, cut into strips
1 shallot, sliced
a few handfuls of arugula
1 head/bunch Little Gem lettuce (or
romaine or butter lettuce)
handful fresh chopped mint

Instructions

1. For the lamb, heat one tablespoon of the vegetable oil in a frying pan and fry the mince for 4-5 minutes, or until browned all over. Remove the mince from the pan and set aside.

2. In the same pan, add the remaining vegetable oil and fry the onion and garlic until softened. Return the lamb back to the frying pan, add the cinnamon, season with salt and freshly ground black pepper and cook for another 10 minutes, stirring regularly.
3. For the dressing, whisk all the ingredients together in a bowl until well combined.
4. For the salad, place the ingredients into a large bowl and season to taste with salt and freshly ground black pepper. Pour over some of the salad dressing and mix until well combined.
5. Serve the salad on a large serving plate or bowl and spoon the lamb on top. Enjoy!