



LAMB AND STEAMED SPRING VEGETABLES

Ingredients

1 cup of leftover lamb leg, cut into long strips
120 g of long stem broccoli
60 g of fine green beans
60 g of mangetout
3 zucchini's cut into thin slices

Half a jar of capers
60 ml of pine nuts
Handful of grated parmesan cheese
1 lemon, quartered
Olive oil, salt and pepper to serve

Method

1. Steam or blanch the vegetables for 2 - 3 minute. Make sure they are bright green and still crunchy. Leave to cool.

2. While the veggies are steaming, toast the pine nuts and fry the capers in some olive oil.

3. To serve, add the vegetables to a salad bowl with the lamb and then top with the capers, pine nuts and parmesan cheese. Season with salt and pepper to taste.

4. Drizzle with some lemon juice and olive oil to serve.

Serves

