



BUTTERFLIED LAMB SALAD

WITH PEARL BARLEY & GREENS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 50 minutes

This warm butterflied lamb salad is loaded with great flavours and textures, thanks to pearl barley, roast lamb, tender greens and salty feta - yum! It's a great meal for any season.



PEARL BARLEY

- 2 1/4 cups water (560ml)
- 3/4 cup pearl barley (150g)
- 2 tsp chicken stock powder

LAMB & ALMONDS

- 600g butterflied (boneless) lamb leg (1lb 5oz)
- 2 tsp olive oil
- 2 tsp dried oregano
- 1/3 cup whole almonds (53g)

GREENS

- 1 broccoli
- 250g green beans (8.8oz)
- 3 cloves garlic
- 1 handful fresh mint *optional*
- 1 Tbsp olive oil
- 1 cup frozen shelled edamame beans (155g)
- Zest of 1 lemon
- 1-2 Tbsp lemon juice
- 100g feta cheese (3.5oz)
- 1/4 cup mint jelly or mint sauce (60ml) *optional*

1. Preheat oven to 180°C (360°F) fan bake and line an oven tray or roasting dish with baking paper.
2. **COOK BARLEY**
Place water in a medium saucepan and bring to a boil. Stir in barley and stock powder, bring to a simmer, then cover with a lid and reduce heat to low. Cook for 40-45 minutes, until barley is tender.
3. **COOK LAMB**
Rub lamb with oil, sprinkle with oregano and season with salt and pepper. Roughly chop almonds. Heat a large frying pan on medium-high. Cook almonds until toasted. Remove from pan and set aside. Return pan to heat and brown lamb for 1 minute each side. Transfer to prepared tray and roast for 15-20 minutes, or until cooked to your liking. Remove onto a board, cover with foil and leave to rest for 5-10 minutes.
4. **PREPARE GREENS**
Meanwhile, chop broccoli into small florets. Trim the ends off the beans and cut each bean into three pieces. Crush garlic and roughly chop mint, if using.
5. Heat oil on medium-high in the same pan used to brown the lamb. Add broccoli, green beans, edamame, garlic and lemon zest. Stir fry until tender (about 5 minutes). Reduce heat to low. Stir in mint and lemon juice (adjust quantity according to your tastes). Drain any excess water from barley and stir barley into greens. Crumble feta over the top and season to taste with salt and pepper.
6. **SERVE**
Slice lamb. Divide barley and greens between individual serving plates or bowls and top with lamb. Sprinkle almonds over the top. Add a dollop of mint jelly/sauce, if using.



WINE MATCH: A Pinot Noir.

BUTTERFLIED LAMB SALAD RECIPE NOTES

GLUTEN-FREE OPTION: Swap the pearl barley for brown rice. Nagi from [RecipeTin Eats](#) has some great tips on cooking brown rice. Make sure stock powder and mint jelly/sauce are gluten-free, if using.

INGREDIENT SWAPS / NOTES: If you can't find a butterflied lamb leg, you could use lamb leg steaks instead. Forget the roasting step - I would prepare the greens first, pan fry the lamb until cooked to your liking, then rest under foil while you cook the greens.

STORING AND REHEATING: Store individual portions in the refrigerator and reheat in the microwave.