

# Greek Lamb & Tzatziki Feast

Recipe recommended by Rebecca Szczypka  
BANT Registered

## MACRONUTRIENT VALUES PER 100G



Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	524 kj	0%
Energy (kcal)	126 kcal	6%
Fat	10g	14%
	4.6g	23%
of which saturates	2.2g	1%
Carbohydrate	1.9g	2%
of which sugars	0.7g	3%
Fibre	6.1g	12%
Protein	0.88g	
Salt		

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### INGREDIENTS: (Serves 3)

6x lamb cutlets  
Rapeseed oil  
Large pinch of black pepper  
Large pinch of flaky salt

#### For the tzatziki:

150g Greek Yoghurt (**MILK**)  
75g Pickled gherkins (**SULPHITES**) – roughly chopped  
3x sprigs of mint – finely sliced

#### Optional extras:

Toasted flat bread (**GLUTEN**)

#### For the Greek salad:

400g fresh tomatoes – roughly chopped  
1x small red onion – finely sliced  
400g cucumber – roughly chopped  
75g green pepper – sliced into rings/ or chopped  
60g kalamata olives – de-stoned and halved  
120g feta cheese (**MILK**)

#### Dressing:

1x tbsp dried oregano  
1x tbsp extra virgin olive oil  
1x tbsp red wine vinegar (**SULPHITES**)

### Method:

1. Meat preparation – Ensure your meat is bought to room temperature by removing from fridge c. 30 minutes ahead of time.
2. For the tzatziki - Mix the ingredients together and set aside.
3. For the dressing - Whisk the dressing together in a mixing bowl and season to taste with salt and pepper.
4. For the salad - Add the salad ingredients to a bowl, toss to mix and set aside.
5. For the meat - Heat a griddle pan/frying pan over a high heat. Rub the lamb with a little oil then season well with salt. Add the lamb when the pan is hot and the meat sizzles. Do not crowd the pan, you may need to cook in two batches. Cook on each side for about 2-3 minutes, or until your desired cook (this will vary from medium-rare to well done). Remove from heat to rest for 1-2 minutes before serving. If your cutlets are very thin or very thick you may have to adjust the timings.
6. Serve 2 cutlets per person, with a side of flat bread, Greek salad and tzatziki.

### ALLERGENS



MILK



SULPHITES



GLUTEN

### MODIFY

Use a dairy free alternative  
For the tzatziki sauce such as  
soya or coconut yoghurt

### CREDIT

Recipe by: R.Szczypka  
Photo by: Irish Times / Donal Skehan

