Posted on 12 September 2017

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Recipe: Griddled Lamb With Feta And Watermelon Salad



Ingredients

4 lean lamb loin chops
A piece of watermelon, about 200g
A third of a small cucumber
A handful of baby plum tomatoes
A few mint leaves
Extra virgin olive oil
1 tablespoon of balsamic vinegar
Salt and black pepper
150g feta cheese
A small pack of rocket

Servings
2
Person

Preparation

1. Remove the lamb from the fridge, trim off any excess fat, rinse and pat dry then drizzle on a little oil and season with salt and pepper. Leave out for about 20 minutes to reach room temperature.
2. Chop the flesh of the watermelon into bite sized pieces, discarding any larger seeds. Chop the cucumber into quarters lengthways, remove the seeds and chop into small pieces. Halve the tomatoes. Roughly chop the mint and mix everything together.
3. To make the dressing, whisk a tablespoon of olive oil with the balsamic vinegar, season to taste with salt and pepper then chill in the fridge.
4. Chop or crumble the feta cheese into bite sized pieces.
5. Lightly oil and heat a griddle pan. Griddle the lamb for about 4 or 5 minutes on each side, depending on the thickness of the chops.
6. Place a bed of rocket at one side of each plate, spoon on the watermelon salad and drizzle balsamic dressing over it. Top with feta cheese. Accompany it with two griddled lamb chops.

Cooks Note

A fresh, cool salad with juicy watermelon and crumbly feta cheese, drizzled with a balsamic dressing, to accompany simply griddled lamb chops. Quick, colourful and delicious.

Made in larger quantities, this is a great idea for a barbecue.
Try adding olives to the salad too if you like them.