

# Spring Lamb, Vegetable and grain salad, home-made Pita bread

Paired with | Innocent Bystander Arneis

## INGREDIENTS:

### Lamb

2 whole backstraps

Salt + Pepper

### Salad

70g Farro

70g Freekha

1 bunch Green asparagus

100g Snow peas whole

50g Baby peas (frozen baby peas also work)

½ Red onion

1 pack snow pea shoots for garnish, can be substituted with baby spinach

2 bunch Baby carrots

1 Ripe avocado

40g Currants

### Dressing

80g Greek Yoghurt

2 Lemon

20ml Olive oil

pinch Salt

5g Tahini paste

pinch Sumac

2 Tbsp Mint chopped + extra for garnish

2 Tbsp Parsley chopped + extra for garnish

1 Tbsp Dill chopped

### Pita Bread

180g Greek yoghurt

180g Self-raising flour

½ tsp Baking powder

Generous pinch salt

Extra virgin olive oil



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Serves 4 | Paired with [Innocent Bystander Arneis](#)

## METHOD:

### Grains for Salad

Fill a medium pot half full of water and bring to a boil. Add the farro and freekha, reduce the heat and simmer until grains are tender, but still have an al dente bite. This will take roughly 30 minutes for whole grain farro and freekha.

### Dressing

Zest one lemon and then juice both lemons in with the zest (strain the seeds).

Add remaining dressing ingredients, use a whisk to mix for one minute until dressing is combined and creamy. Set aside for later.

### Vegetables for Salad

Prepare the snow peas and asparagus by removing the strings and snapping the ends.

Blanch the snow peas, baby peas and asparagus in salted boiling water for 1 minute. Refresh immediately under cold water. The vegetables should remain bright green and still have a little crunch.

Cut the tops off the carrots and wash thoroughly, drizzle with oil and salt before roasting in the oven for 10min on 200°C, cool down before serving.

Peel the avocado and cut it into long slices.

Peel and finely slice onion.

### Pita Bread

Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, use clean hands to pat and bring everything together.

Dust a clean work surface with flour and then tip out the dough.

Knead for 1 minute, add a little more flour if dough is too sticky or a full fat Greek yoghurt if it is a little dry.

Divide the dough in 4 equal-sized pieces.

With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into rounds, 4-5mm thick.

Preheat griddle or bbq to a high heat, brush each pita with oil and cook for 3-5 minutes on each side, or until bar-marked and puffed up, turning with tongs.

Brush the flatbreads all over with olive oil as they come off the griddle.

### Lamb back strap

Preheat the griddle or BBQ at high temperature. Season back straps with salt and pepper, grill lamb for approximately 3min each side for medium-rare. Set aside on a plate for 5 minutes to rest.

Tip: Always rest meat for as long as you cook it for to ensure a nice tender consistency.

### To Serve

Place the cooled grains and blanched veggies in a mixing bowl.

Add the dressing and currants and toss.

Place the salad on a large serving plate.

Carve the lamb on angle into 3cm thick slices and place on top the salad.

Garnish with the fresh pea shoots and herbs.

Enjoy with family, or while you are talking to your friends on zoom and make them jealous and of course – a glass of our Arneis!