

Jason Pettit – Capital Radio Recipe



Seared Sticky Lamb and Watermelon Salad

Seared boneless lamb steaks with toasted sesame seeds, finished in honey before slicing and adding to a vibrant and healthy salad of watermelon, iceberg, rocket leaves, spring onions and herbs. You can add more ingredients to the salad such as beetroot, carrot, radish and / or pumpkin seeds.

This dish pairs very well with potato wedges and / or pitta bread.

Ingredients

400	gram	lamb steaks	(boneless)
2	Tsp	cumin	
1	Tbsp	olive oil	
2	Tbsp	sesame seeds, white	
2	Tsp	clear honey	
		salt & black pepper	
60	gram	rocket leaves	(washed & drained)
1	small	iceberg lettuce	(washed, drained & torn)
2	Tbsp	olive oil, extra virgin	
1	small	watermelon	(800gram approx.)
a	handful	parsley, leaves	(washed & drained)
a	handful	coriander, leaves	(washed & drained)
1/2	each	lemon	(juiced)
3	each	spring onions	(cleaned & sliced thinly)
		salt & black pepper	

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Method

Season the lamb on both sides with the cumin, salt and black pepper to taste. Set aside to infuse.

Prepare the watermelon by cutting into 1inch slices.
Remove the seeds and the rind. Cut the slices into 1inch strips.
Cut the strips into 1inch cubes.

Cut the spring onion into 10cm lengths.
Cut them in half lengthways and then into 3mm strips.

Rub the lamb steaks with the olive oil.

Pre heat a large frying pan / skillet over a medium to high heat and then add the steaks.
Allow to cook for 2 – 3 minutes to ensure an even sear and then turn the steak and repeat.
Remove the pan from the heat and add the sesame seeds.
Gently move seeds around so they lightly toast and coat the lamb.
Add the honey and coat the lamb.
Cover and allow to rest in the pan for 5 minutes.

Place the rocket leaves, iceberg, parsley, coriander, and spring onion into a serving platter.
Add watermelon and lightly toss together.

Slice the rested lamb steaks into strips and arrange over the salad.
Add any juices to the pan and then add the extra virgin olive oil and lemon juice.
Mix well and season with salt and black pepper to taste.
Pour over the salad and serve with your choice of bread and / or wedges.

Notes from the chef:

Boneless lamb steaks cook quickly and evenly but if yours have the bone in, then adjust the cooking time and temperature accordingly.

Your watermelon should be firm and crisp – for convenience, you can buy ready prepared cubes / chunks.

Cumin gives the lamb a very pleasant warming earthy and robust taste but can easily overpower to use lightly / to taste.

You can substitute lamb loin but it will require a longer cooking time – reduce heat to medium and sear for 3 -4 minutes on each side before turning.

Tbsp - tablespoon

Tsp – teaspoon

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Notes from the chef for a Vegan Version;

Options

Replace the lamb with commercial soy / meat free alternatives.

Replace the lamb with cauliflower steak but finish cooking it in the oven.

Replace the lamb with firm tofu sliced into thick pieces.

Grilled seasonal vegetables can be added to the salad base.

Tbsp - tablespoon

Tsp – teaspoon