

# LAMB, LENTIL AND TOMATO SALAD



## Ingredients

2 x 400g cans lentils, drained and rinsed  
 250g punnet cherry tomatoes, quartered  
 1 bunch of parsley, leaves picked  
 200g green beans, blanched, ends trimmed and halved  
 1 medium red capsicum, diced  
 1 tablespoon olive oil  
 1 lemon, rind grated and juiced  
 fresh ground black pepper, to taste  
 olive oil spray  
 400g lamb back-strap  
 1 cup Greek or natural yoghurt†  
 2 tablespoons sunflower seeds, toasted  
 mint leaves, for garnish

## Method

1. In a bowl combine lentils, tomatoes, parsley and green beans. Season salad with lemon juice, rind, olive oil and freshly cracked black pepper. Add sunflower seeds and mix through.
2. Spray lamb back-strap with olive oil spray. On a hot non-stick pan or grill cook lamb for approximately 2 minutes on each side (or to your liking). Transfer to a plate to rest for 5 minutes before slicing.
3. Serve salad topped with sliced lamb, yoghurt and mint leaves as garnish.

## Serves 4

**Tips:** Lentils are low GI and high in fibre. Foods that are low GI provide longer lasting energy, keeping you feeling fuller for longer.

*This salad is a great easy base to change up your protein source. For example try kangaroo steaks, tuna or salmon.*

† Choose mostly reduced fat

<b>Your recommended daily serves*</b>	<b>QTY</b>
Milk, cheese and yoghurt and/or alternatives^	
Vegetables and legumes/beans	
Fruit	
Grain (cereal) foods such as breads, cereals, rice, pasta, polenta, noodles, couscous, oats, quinoa and barley	
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	

**Notes:**

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\* Recommended by the Australian Dietary Guidelines  
 ^ Alternatives include soy beverages or beverages made from rice or other cereals which contain at least 100mg of calcium per 100ml.