

# Welsh Lamb with warm potato & olive salad



Prep: 20mins / Cook: 35mins



Easy



Serves 2



Gluten-free

kcal 849

fat 63g

saturates 22g

carbs 29g

## Ingredients

100g Greek yogurt

1 tbsp olive oil

400g lamb loin

2 tbsp rapeseed oil

## For the potato and olive salad

350g baby new potatoes

2 tbsp olive oil

40g pitted Kalamata olives, halved

50g Greek yogurt

2 tbsp cider vinegar

Peppery salad leaves

## Method

Cook the potatoes in a pan of boiling, lightly salted water for 10-12 mins, then drain and transfer to a baking sheet to cool.

Now prepare the lamb. Mix the yogurt with the olive oil and some sea salt to taste. Rub the lamb loin with the yogurt mixture - make sure to cover all sides. Chill in the fridge for 1 hr.

Heat oven to 200C/180C fan/gas 6. Heat an ovenproof sauté pan and add the rapeseed oil. Sear the lamb on all sides until dark golden brown, then cook in the oven for 7-10 mins or until medium-rare. Remove and leave to rest for 5 mins.

To finish the potato salad, cut the cooled potatoes into thick slices. Heat the olive oil in a frying pan over a medium heat, add the potato slices and fry for 10 mins or until golden brown. Transfer the potatoes to a bowl, mix with the olives, yogurt and vinegar, and add salt to taste. Serve warm with the sliced lamb loin and the leaves.