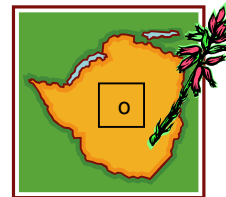


# UMSWESWE BALSAMIC LAMB, FETTA and BEAN SALAD

(Serves 4 – Absolutely delicious)

## INGREDIENTS:



### Salad

-  1.6 Kg broad beans (podded) (Delicious without broad beans)
- 300 grams green beans (topped, tailed, halved diagonally)
- 1 Tablespoon olive oil
- 800 grams lamb eye loin (backstrap)
- 200 Grams semi-dried tomatoes
-  100 grams rocket or mixed leaves (washed & dried)
- 1 Red onion (halved and thinly sliced)
- 12 Large basil leaves (torn)
-  200 grams creamy feta (crumbled)
- Salt and freshly ground black pepper

### Balsamic Dressing

- $\frac{1}{3}$  Cup olive oil
- $\frac{1}{4}$  Cup balsamic vinegar
- 2 garlic cloves (crushed)

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## PREPARATION:

### Salad:

1. Cook the broad beans in a saucepan of boiling salted water for 3 minutes until tender. Use a slotted spoon to transfer to a colander and refresh under cold water.
2. Remove and discard skins and set aside.
3. Bring water back to boil and cook green beans for 3 minutes until tender.
4. Drain and refresh under cold water and set aside.
5. Heat oil in a large non-stick frying pan.
6. Add lamb and cook, turning once, for 3 minutes each side for medium.
7. Transfer to a plate, cover and keep warm for 10 minutes.



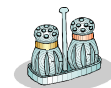
### Balsamic Dressing:

Place all ingredients in a jar and shake to combine.



## ASSEMBLING:

1. Slice the lamb into 1cm-thick slices and place into a large bowl.
2. Add the broad beans, green beans, semi-dried tomatoes, rocket, onion and basil and toss gently to combine.
3. Drizzle with balsamic dressing and toss gently.
4. Taste and season with salt and pepper.
5. Place into shallow serving bowls.
6. Sprinkle with feta and serve immediately.



**Wedza** is a village in the province of Mashonaland Central. It is located about 50 km south of Marendallas (Marondera) in the Wedza communal land. Early inhabitants mined iron in the Hwedza hills which means 'a place of wealth'. A village was established in 1910. Gold, beryl, nickel and tungsten was mined in the hills around the village but deposits were too small to make any large scale mining viable.

