

WARM LAMB & POTATO SALAD

Gluten Free Dairy Free
Low Chemical

Serves 4

Ingredients:

500g Lamb rump
¾ cup cooked rice
4 medium potatoes
½ leek
1 cup chopped purple cabbage
1 cup diced green beans
½ a large choko, peeled and diced
4 wombok leaves
4 iceberg lettuce leaves
Rice bran oil
Salt to taste



Dress with premade elimination diet BBQ Sauce:

<https://glutenfreenutrition.com.au/bbq-sauce-elim-gf-df-low/>

Or find the recipe: Low chemical recipes, free from gluten/wheat and dairy foods, condiments

Method:

Potato and Lamb

- Preheat the oven to 180°C
- Wash and peel potatoes and cut into large chunks.
- Microwave, steam or boil potatoes until partially cooked. A knife can penetrate the outside, but the centre is still firm. Then transfer to an oven tray lined with baking paper. Sprinkle oil and salt over the potatoes and roast for 30-40 minutes until golden and soft.
- Place lamb on baking paper. Depending on the thickness of the lamb rump it can roast in the oven for 30-40 minutes. Slice into bite sized pieces once cooked.

Rice

- Warm some leftover rice, use a suitable pre-cooked microwave rice, or cook it fresh.

Vegetables

- Dice the leek and cabbage, and cut the green beans and choko into 2-3cm lengths
- Stir fry the vegetables in some oil on the stove top for 4-5 minutes
- Wash, dry and rip the wombok and iceberg lettuce leaves

Assemble

- Spread the lettuce and wombok mixed leaves over the 4 serving plates
- Combine the warm ingredients in a bowl and spoon over the lettuce mix
- Dress with the Elim BBQ sauce

Tip:

- This can be made from leftovers of lamb, potato and rice, with the vegetables you have in the fridge