

# Greek Lamb Stir-Fry



Serves 3

## Ingredients:

½ lbs. lean boneless Alberta Lamb  
1 tbsp. olive oil  
1 tbsp. balsamic vinegar  
½ tsp. Dried rosemary  
½ tsp. Dried oregano  
¼ tsp. Pepper  
1-2 tbsp. cooking oil  
1 clove garlic  
1 thinly bias-sliced  
1 small red onion thinly sliced  
4 cups torn fresh spinach  
2 small tomatoes cut into wedges  
½ oz feta cheese, crumbled

## Method:

Combine oil, vinegar and herbs. Stir-fry the garlic, add carrot and onion. Stir-fry the lamb. Add vinegar mixture, spinach and tomatoes. Serve over rice, top with feta.

Recipe courtesy of Jean McLeod, Devon, Alberta

Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)