

Lamb Salad with Honey, Apricot and Mint Dressing



Ingredients:

Colourful mixed greens, spinach, red leaf, green leaf lettuce, etc.

Red onion, cut into rings

Fresh tomato, cubed

Cooked Alberta Lamb, cut into juliennes

Alberta goat cheese, crumbled

Dressing:

1 small red onion, finely minced

1 tbsp. Dijon mustard

3 tbsp. liquid honey

½ cup dried apricots soaked in warm water

½ cup white wine vinegar

Method:

Present on a plate in the same order as the ingredients, dress with dressing and garnish with fresh mint.

Put all the dressing ingredients into a blender, mix. Slowly add 1 ½ cups olive oil. Stir in some chopped mint. Season with salt and pepper.

Recipe courtesy of Chef Darren Nixon

Your Notes



You've got **GREAT** taste!

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