

Spring Vegetable and Lamb Sauté

Recipe courtesy of Foodland Ontario

This fast skillet supper is delicious on hot buttered noodles.

Preparation time 15 minutes

Cooking time 15 minutes

Serves 4

Ingredients:

1 lb (500 g) lean boneless SRS lamb (preferably loin) thinly sliced

1 cucumber

1/4 cup (50 ml) all-purpose flour

1/4 tsp (1 ml) each salt and pepper

2 tbsp (25 ml) olive oil

1/4 cup (50 ml) minced shallots (or 1 small onion minced)

8 oz (250 g) sliced mushrooms (about 4 cups/1L)

3 cloves garlic, minced

1 tsp (5 ml) each dried thyme and rosemary

1/2 cup (125 ml) each dry white wine and chicken stock (or all stock)

2 large tomatoes, cut in wedges

2 tbsp (25 ml) lemon juice

Preparation:

1. Quarter cucumber lengthwise; slice crosswise and set aside.
2. Combine 2 tbsp (25 ml) of the flour with 1/4 tsp (1 ml) each salt and pepper. Dredge lamb in mixture. In large skillet, heat oil over medium-high heat. Add lamb and cook for 3 to 4 minutes per side or until browned.
3. Remove and keep warm.
4. Add shallots and mushrooms; cook 3 minutes. Add sliced cucumber, garlic, thyme and rosemary; cook for 2 minutes, stirring.
5. Sprinkle in remaining flour and cook for a few seconds, stirring. Add wine stock; bring to a boil, stirring. Cook for 2 to 3 minutes, or until slightly thickened. Reduce to low heat. Return lamb and add tomatoes to heat through. Add lemon juice.
6. Taste and adjust seasoning.
7. Serve immediately.

