



## **Expo Chef's Lamb served with Courgette, Pink Grapefruit and Feta Recipe**

### **Ingredients**

*6 x Lamb loin cut into strips  
1 courgette, halved down the middle and cut into segments  
1 pink grapefruit  
Handful of Rocket  
Feta Cheese  
1 x table spoon of olive oil*

### **Method**

1. Heat the olive oil in a pan and add the lamb strips. Cook to your liking.
2. Add the courgette and cook until slightly brown and soft.
3. Cut the skin from the grapefruit and cut out the segments into a bowl.
4. Add the cooked lamb and courgette to the grapefruit, then add the rocket and mix thoroughly together.
5. Pile onto a plate and crumble on the feta cheese.