

Yummy Low-Fat Lamb Tortillas

Lamb straps ¹
Natural yogurt (low, or no-fat)
Minced garlic
Chopped chives (dried chives are OK)
Tomatoes
Iceberg or Cos lettuce
Burrito tortillas (Mexican section)



Sauce

Mix 1 cup of yogurt with about two heaped teaspoons of minced garlic (the garlic will have more impact the longer in advance you make the sauce). Add chopped or dried chives until it 'looks right' – probably about 2 tablespoons. Put in the fridge until serving time.

Tomato & Lettuce

Chop enough tomatoes into small cubes and put into a dish.
Shred enough lettuce and put into another dish.

Lamb ²

Lamb straps seem to do well on a hotplate (with some olive oil) rather than a grill.

It will take only 6-8 minutes to cook. BBQ or pan fry at medium-high heat. Cook one side until you see the cooked looking meat reach about ½ way up the sides (3-4 mins) and then turn. Cook the other side until the top feels firmer than when you first turned it over – probably another 3-4 mins. As the meat is going to be sliced, it's OK to cheat and cut one in half to see how it's looking inside. Try not to overcook – and it will cook a little further during the resting time.

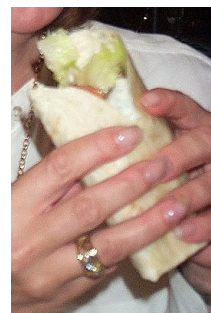


Rest the cooked lamb under some foil for 10 minutes before slicing & seasoning. ^{3 & 4}

Serving

It's fun to have everyone assemble their own at the table. Assemble everything on the tortilla as pictured above (lettuce, tomato, lamb, and then sauce).

Keep one end of the tortilla uncovered by food (see photo). Fold the uncovered end over first and then fold over the sides creating an easy-to-hold parcel that won't let the fillings fall out the bottom. Yum!



¹ You can substitute lamb fillets but they are much smaller and more difficult to cook pink. They are also considerably more expensive!

² The lamb will be most tender if served pink.

³ Season with pepper and salt to your taste.

⁴ Not resting the lamb long enough is the cause of excessive amounts of juice running off – taking flavour with it!