

Grilled Lamb with Curry Spiked Vegetables

Prep time: 40 Cook Time: 1 Servings: 1

Caribbean/Island,Combo/Fusion,Entrees,Wraps,Casual Dining,Catering,Fine Dining

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
12" Spinach Herb Wrap	10251		1 each
Plain Yogurt			1 oz.
Feta Cheese Crumbles			1 oz.
Basmati Rice		prepared	6 oz.
Minted Lamb			3 oz.
Curried Pickled Vegetables (Grilled Lamb with Curry Spiked Vegetables)			2 oz.

Instructions

1. Heat tortilla and place on work surface.
2. Spread yogurt evenly over entire tortilla and sprinkle with Feta cheese crumbles.
3. Place Basmati rice at 12 o’clock in center of tortilla, leaving bottom half plain. (This wrap is served open ended; for ingredients to show at the top it is best to leave bottom open.)
4. Top rice with sliced grilled lamb and curried pickled vegetables.
5. Bring bottom half of tortilla towards top of ingredients and fold right side over ingredients.
6. Secure ingredients together while folding right side over.
7. Fold over with left half of tortilla and serve.

Curried Pickled Vegetables (Grilled Lamb with Curry Spiked Vegetables)

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Curry Powder			1 Tbsp.
Granulated Sugar			1/2 cup
Honey			1 Tbsp.
Apple Cider Vinegar			1 cup
Matchstick Carrots			2 cup
Red Onions			2 cup
Cucumbers			2 cup
Mint Leaves Chopped			2 tsp.

Instructions

1. Place vegetables in a bowl and set aside.
2. Heat sugar, curry, vinegar and honey in small saucepan over medium heat. Bring to a simmer and remove from heat.
3. Cool completely and pour over vegetables. Marinate vegetables at least 1 hour to allow flavors to develop.
4. Cover, Label, Date and Refrigerate.

Minted Lamb (Grilled Lamb with Curry Spiked Vegetables)

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Leg Of Lamb Meat		cut into 2" cubes	4 lbs.
Fresh Mint		chopped	4 Tbsp.
Garlic		minced	3 Tbsp.
Soy Sauce			.33 cup
Salt			2 tsp.
Black Pepper			2 tsp.
Vegetable Oil			2 Tbsp.
Paprika			2 tsp.
Sugar			1 Tbsp.
Orange		thinly sliced	1

Instructions

1. Place lamb meat in stainless steel bowl, set aside.
2. Whisk together remaining ingredients and pour over lamb meat. Marinate 4-8 hours.
3. Preheat grill to medium heat. Grill Minted Lamb until desired doneness, turning once.