



Buy Local Donegal Lamb



Spiced Donegal Lamb Tacos

and Crunchy Slaw (Serves 4)

Ingredients



For the lamb mix:

- 1 onion, finely chopped
- 1 tsp ground coriander
- 450g minced lamb shoulder
- 2 tbsp harissa paste
- Donegal Rapeseed Oil for frying

For the crunchy slaw:

- 300g red cabbage
- 1 large carrot, coarsely grated
- 1 apple, coarsely grated
- Bunch spring onions, thinly sliced
- 2 tbsp mayonnaise
- 1 tbsp wine vinegar
- 1 tbsp Donegal Rapeseed oil

To garnish:

- 4 little gem lettuces, roughly chopped
- 8 soft taco shells
- 80g crumbled Feta

Method



1. To make the slaw, shred the cabbage and place in a large bowl with the carrot, apple, and spring onions. Whisk together the mayonnaise, vinegar and oil then season and set aside.
2. In a large frying pan, heat 1 tbsp of the oil over a medium heat. In batches, cook the mince until browned.
3. Remove and drain on kitchen paper. Wipe the pan clean and return to the heat. Add another tbsp of oil, add the onion and fry, without colour, for about 5 minutes until starting to soften.
4. Add the ground coriander and fry for a few minutes more, then add the mince.
5. Heat the mince right through and coat in the spices then stir in the harissa.
6. Cook for another 5 minutes until the mince has cooked through, then taste and season.
7. While the lamb cooks, lightly heat the tortillas until the shells are warmed then place the lamb mix into each of the shells then crumble over the feta cheese.
8. Add some slaw and chopped coriander to serve.

Recipe by Chris Molloy, Lemon Tree Restaurant



Happy Easter!

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