



Lamb & Mint Salad

Serves 4 | 423 calories per serve

INGREDIENTS:

- 1 tablespoon olive oil
- 4 x 160g lean lamb leg steaks
- Salt and pepper
- 200g green beans, blanched
- ½ punnet cherry tomatoes, halved
- 100g rocket
- ¼ cup mint leaves

MINT DRESSING:

- ¼ cup mint leaves, chopped
- ¼ cup extra virgin olive oil
- 2 tablespoons red wine vinegar

Whisk together the oil and the vinegar, season with salt and pepper and stir in the mint.

METHOD:

1. Heat the oil in a non-stick frypan over high heat. Season the lamb with salt and pepper and seal on both sides. Reduce heat to medium and cook for a further 2-3 minutes. Set aside to rest.
2. In a large bowl place beans, tomatoes, rocket and mint. Slice the lamb into thin strips and add to the bowl. Toss gently.
3. Distribute between serving plates and drizzle with mint dressing.

NUTRITIONAL INFORMATION

(per serve*)

Calories:	423 cal
Kilojoules:	1770kJ
Protein:	37g
Fat Total:	28.7g
Fat Saturated:	7.3g
Cholesterol:	109mg
Carbohydrates:	2.7g
Dietary Fibre:	2.7g
Sodium:	113mg

*This recipe has 4 serves.