

Pinenut and Rosemary Crusted Lamb



Prep Time:
10 mins



Cooking Time:
20 minutes



Servings:
4



INGREDIENTS

400g lamb backstrap
½ cup fresh breadcrumbs
1 clove garlic, crushed
2 tbsp chopped rosemary leaves
50 g cold butter, grated
¼ cups pinenuts
1 tbsp Dijon Mustard
2 tbsp olive oil

METHOD

Preheat the oven to 180°C and line a baking tray with baking paper.

In a bowl rub together fresh breadcrumbs, garlic, rosemary, butter and pinenuts.

Drizzle half the olive oil over the backstrap and place in a frying pan over high heat, add lamb and fry for 1-2 minutes each side to brown. Remove from the pan and set aside until cool enough to handle. Spread the mustard over one side and press the crust over the meat, then drizzle with the remaining oil or butter and season well.

Carefully transfer backstraps to oven tray and roast for 12-14 minutes until golden brown and medium-rare when cut into with a sharp knife. Rest for 5 minutes, then slice and serve with your favourite vegetables.

Lamb Salad with Tahini



Prep Time:
6 mins



Cooking Time:
10 minutes



Servings:
4



INGREDIENTS

2 lamb backstraps
200g baby rocket
½ punnet red cherry tomatoes, halved
½ punnet yellow cherry tomatoes, halved
2 Lebanese cucumbers, diced
200g baby green beans, trimmed,
blanched
½ cup tahini or hummus dip
1tsp smoky sweet paprika (optional)

METHOD

Brush the lamb with oil and season with salt and pepper. Preheat a non-stick pan to moderately hot.

Cook one side of lamb until the first sign of moisture appears, then turn once and cook until done to your liking. Test for doneness with tongs. Rare is soft when pressed, medium is springy and well done is very firm.

Remove lamb from the heat, loosely cover and allow to rest for 3 minutes. While the lamb rests, divide the rocket, tomatoes, cucumber and beans between four serving plates. To serve, slice the lamb diagonally and place on top of each salad. Serve tahini in small bowl and sprinkle with paprika.

Lamb Kebabs with Lentil Salad



Prep Time:
20 mins



Cooking Time:
10 minutes



Servings:
4



INGREDIENTS

600g lamb backstrap
1 x 400g can of lentils
1 bunch mint, leaves picked
½ bunch parsley, shredded
1½ red onion, finely diced
2 tbsp pine nuts, toasted
2 tbsp cranberries
1 tbsp red wine vinegar
2 tbsp extra virgin olive oil
¼ cup Greek yoghurt
Sea salt to taste

METHOD

Cut lamb into 3cm cubes. Thread onto 8 skewers (4-5 pieces of lamb on each) and season with salt and pepper. Preheat barbecue char-grill plate or pan to moderately-hot. Cook kebabs on one side until moisture appears before you turn them. Cook for 2 mins on each side.

In a medium sized bowl place lentils, mint, parsley, red onion, cranberries, red wine vinegar and olive oil. Mix well and season.

Place the salad in a serving bowl and drizzle with the yoghurt. Serve the lamb with the salad.

Quick and Easy Lamb Wraps



Prep Time:
10 mins



Cooking Time:
10 minutes



Servings:
4



INGREDIENTS

600g lamb backstrap
1 tbsp Mexican seasoning
4 tortillas, warmed
Sour cream
Shredded lettuce
A few halved cherry tomatoes
1 avocado
½ a small red onion, finely diced
Juice of one lime
¼ cup coriander leaves, roughly chopped

METHOD

Preheat barbecue to hot. Brush lamb with oil and rub in seasoning.
Cook lamb on one side until moisture appears on top. Turn with tongs and cook until done to your liking. Cover lamb loosely and rest it for 3 minutes.
To make the guacamole, smash the avocado and mix with the onion, coriander and lime juice.
Slice lamb and serve on tortillas with lettuce, tomatoes, guacamole and sour cream.