



Balsamic Lamb with Asparagus Salad

SERVES 4

INGREDIENTS

4 x 120g lamb leg steaks (females)
4 x 220g lamb leg steaks (males)
1 lemon
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
2 bunches asparagus, wooden ends removed, cut diagonally into thirds
100g baby spinach leaves

METHOD

1. Preheat oven to 200°C.
2. Place lamb steaks in a non-stick oven proof dish. Cut lemon into slices and arrange over the top of the lamb. Combine oil and balsamic vinegar and drizzle half over the lamb. Roast for 15 minutes.
3. Toss asparagus in the remaining oil and vinegar mixture, add to the lamb dish and roast for a further 10 minutes. Remove lamb and allow to rest for 5 minutes.
4. Toss asparagus and spinach together and divide between serving plates. Thinly slice lamb steaks and add to salad.

