



# Lamb and Mint Salad

SERVES 4

## INGREDIENTS

1 tablespoon extra virgin olive oil  
4 x 120g lamb leg steaks (females)  
4 x 220g lamb leg steaks (males)  
Salt and pepper  
200g green beans, blanched  
½ punnet cherry tomatoes, halved  
100g rocket leaves  
¼ cup mint leaves

## MINT DRESSING

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

## METHOD

1. Heat the oil in a non-stick frying pan 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.
4. **MINT DRESSING**  
Whisk together the oil and the vinegar, season with salt and pepper and stir in the mint.

