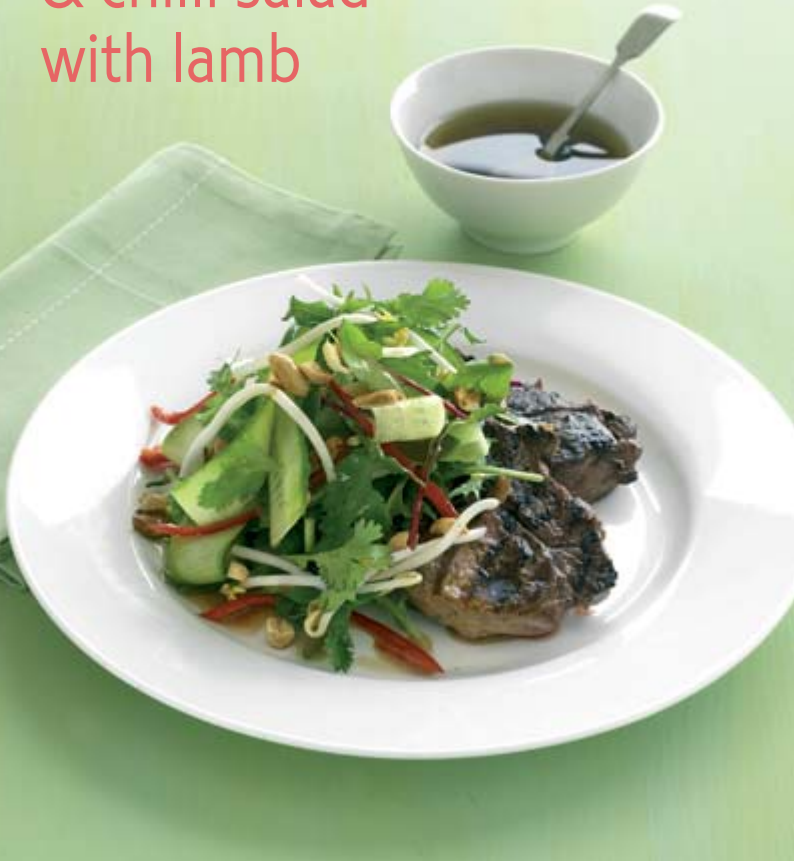


# Coriander, cucumber & chilli salad with lamb



## Coriander, cucumber & chilli salad with lamb

**Preparation:** about 15 minutes

**Cooking:** about 6 minutes **Serves:** 4

- 8 (about 800g) extra-trim lamb leg steaks
- Olive oil cooking spray
- 1 cup coriander sprigs
- 1 cup bean sprouts, trimmed
- 1 long red chilli, halved, deseeded and thinly sliced
- 2 medium Lebanese cucumbers, thinly sliced lengthways
- 75g baby Asian salad greens
- $\frac{1}{4}$  cup unsalted roasted peanuts, roughly chopped

### Soy Dressing

- $\frac{1}{3}$  cup olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon caster sugar
- 2 teaspoons soy sauce
- $\frac{1}{2}$  teaspoon sesame oil

1. Preheat a barbecue or char-grill on medium-high heat.
2. Spray lamb with olive oil. Barbecue or char-grill lamb for 3 minutes on each side (for medium) or until cooked to your liking. Transfer to a plate. Cover and rest for 10 minutes.
3. Combine coriander, bean sprouts, chilli, cucumbers and Asian salad greens in a large bowl.
4. To make soy dressing, combine ingredients in a jar. Shake until well combined.
5. Arrange lamb on serving plates. Top with coriander salad, drizzle with soy dressing, sprinkle with peanuts and serve.



### Bean sprouts

- Provide some vitamin C. This vitamin helps the body defend itself against infections
- A source of folate, one of the B complex vitamins that is needed to keep red blood cells healthy.
- With a low kilojoule count, bean sprouts are popular for those watching their weight.