

Lamb, tomato & rocket salad with mint jelly



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Preparation: about 20 minutes

Cooking: about 8 minutes

Serves: 4

- 2 tbs lemon juice
- ¼ cup olive oil
- 2 garlic cloves, finely chopped
- Salt and ground black pepper
- 8 lamb leg steaks
- 1 small bunch rocket, leaves trimmed
- 250g mini roma tomatoes, halved lengthways

Mint Jelly

- ¾ cup mint leaves, chopped
- 1 tbs caster sugar
- 2 tbs boiling water
- ⅓ cup redcurrant jelly
- 1 tbs white wine vinegar

1. Combine lemon juice, oil and garlic in a medium shallow ceramic baking dish. Season with salt and pepper. Add lamb and coat in oil mixture. Set aside for 15 minutes.
2. Meanwhile, to make mint jelly, combine mint and sugar in a heatproof bowl. Pour over boiling water. Stir until sugar dissolves. Stir in redcurrant jelly and vinegar. Set aside.
3. Preheat a greased barbecue plate or non-stick frying pan over medium-high heat. Cook lamb for 3–4 minutes on each side (for medium) or until cooked to your liking. Transfer to a plate, cover and rest for 5 minutes.
4. Arrange lamb, rocket and tomatoes on a serving platter or plates. Drizzle with mint jelly and serve.



Mint

If consumed in larger quantities than an occasional sprig, mint can provide:

- Some iron (important for healthy blood)
- Vitamins E and C. These vitamins assist the body's defence against infections.
- Mint is also a source of antioxidants which may benefit overall health.