

# sugar snap pea, tomato & lamb salad



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### Ingredients:

500g lamb backstraps or fillets  
ground black pepper  
4 medium Roma (egg)  
tomatoes, halved  
lengthways  
200g sugar snap peas  
1/2 tbs vegetable oil  
1 tbs reduced salt soy sauce  
2 tbs mirin or dry sherry  
1 tbs caster sugar  
100g baby Asian salad greens

### HEALTH BENEFITS:

#### Sugar snap peas

- Peas themselves are a good source of dietary fibre and the delicious crunchy pods add fibre too. Fibre is important to keep the intestine healthy.
- Pack a few for a snack and give yourself a very good source of vitamin C, a vitamin that is essential for protection against infection.
- Provide potassium, which helps balance the sodium provided by salty foods and keep blood pressure healthy.

### Method:

1. Preheat a char-grill or large frying pan over medium-high heat. Season lamb with salt and pepper. Brush tomatoes with 1/2 tbs oil and season with pepper to taste.
2. Char-grill or pan-fry lamb, turning occasionally, for 6–10 minutes depending on thickness, or until cooked to your liking. Transfer to a plate, cover with foil and set aside to rest. Char-grill or pan-fry tomatoes for 1–2 minutes on each side or until heated through. Transfer to a plate.
3. Meanwhile, cook sugar snap peas in a small saucepan of boiling water for 1 minute. Drain and refresh in cold water. Pat dry using paper towel.
4. Combine remaining 1 tbs oil, mirin, soy sauce, mirin or dry sherry and caster sugar in a screw-top jar. Season with pepper to taste. Shake until well combined.
5. Slice lamb into 1/2 cm-thick slices. Arrange Asian salad greens, sliced lamb, tomatoes and sugar snap peas on serving plates. Drizzle with soy dressing and serve.

**Serves:** 4

**Preparation:** 15 minutes

**Cooking:** 7–12 minutes