

# Balsamic red onion & lamb salad

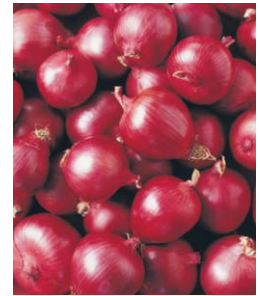


## Balsamic red onion & lamb salad

**Preparation:** about 30 minutes  
**Cooking:** about 30 minutes  
**Serves:** 4

3 medium red onions, thinly sliced  
2 garlic cloves  
¼ cup caramelized balsamic vinegar  
2½ tbs olive oil  
Salt and ground black pepper  
2 (about 450g) lamb backstraps  
(or lamb cut of choice)  
4 ripe tomatoes, sliced  
100g baby salad leaves  
Extra virgin olive oil, for drizzling, to serve

1. To make balsamic onions, combine onions, garlic, balsamic vinegar and 1 tbs oil in a bowl. Season with salt and pepper to taste. Toss to combine. Set aside for 15 minutes. Heat a non-stick frying pan over medium heat. Add 1 tbs oil and heat until hot. Add onion mixture and cook, stirring occasionally, for 15-20 minutes until soft and golden. Set aside to cool slightly.
2. Spray lamb with oil and season with salt and pepper. Heat a greased barbecue plate or non-stick frying pan over medium-high heat. Add lamb and cook, for 8-10 minutes, turning occasionally, until sealed and almost cooked through. Transfer to a plate, cover with foil and set aside to rest for 5 minutes.
3. Thinly slice lamb. Arrange salad greens, tomatoes and lamb on serving plates. Top with balsamic onions, lightly drizzle with extra virgin olive oil and serve.



### Red onion

- A rich source of a variety of natural sulphur compounds that may protect the body against health problems.
- Onions are a good source of dietary fibre which helps keep the intestine healthy.
- Onions provide small amounts of many minerals and vitamins that add to our daily intake of these essential nutrients.

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