LAMB RUMP SALAD

A fresh and healthy salad packed full of flavour and perfect for summer!

NORMAL | 25 MINS | 15 MINS | 4 SERVES

Ingredients

- Lamb rumps
- Olive Oil (Balsamic Glaze)
- 2 Garlic Cloves, Crushed (Balsamic Glaze)
- Fresh Rosemary, Chopped (Balsamic Glaze)
- Brown Sugar (Balsamic Glaze)
- Balsamic Vinegar (Balsamic Glaze)
- Baby carrots, roasted (Salad)
- Baby golden beetroots, roasted, cut into wedges (Salad)
- Baby Fennel, finely sliced (Salad)
- Red Radishes, finely sliced (Salad)
- Dill, chopped (Salad)
- 200 Mixed Salad Leaves (Salad)
- 50 Sunflower seeds, toasted, extra to serve (Salad)
- Olive Oil (Dressing)
- Red Wine Vinegar (Dressing)
- Garlic, Crushed (Dressing)
- Wholegrain Mustard (Dressing)

Instructions

1. Pre-heat oven to 200c. Line a large baking tray with baking paper. Remove lamb from the fridge and rest at to room temperature for 30mins. Meanwhile, prepare the glaze by adding all ingredients in a saucepan, bring to boil and then simmer for 15 minutes.
2. Brush lamb rumps with half the oil, season with salt. Place remaining oil in a large frying pan over high heat. Add lamb rumps skin side down, cook for 2-3 minutes on each side, or until fat has rendered and lamb is crispy. Turn and cook other side.
3. Place on prepared baking tray, brush lamb rumps well with balsamic glaze and cook for 12-15 minutes. Remove from the oven, brush again with glaze and cover loosely with foil, set aside to rest for 10-15 minutes. Carve lamb rumps across the grain.
4. Arrange salad in a bowl, top with lamb and pour the dressing over.

Top Tips

- There are a variety of lamb cuts that could be used in this dish including lamb mini roast or racks.
- Leftover lamb rump can be used in sandwiches.
- When trimming fennel, reserve any nice fronds to toss through your salad.
- Bring lamb to room temperature before cooking to allow it to cook evenly.
- Using a mandolin helps slice ingredients thinly, these are available at supermarkets and speciality food shops