

LAMB RUMP SALAD

PREP TIME 20 MIN | COOK TIME 20 MIN | SERVES 10

Method

1. For glaze: add all the glaze ingredients to a small saucepan and simmer to reduce by half. Set aside to cool down and slightly thicken.
2. For dressing: stir all ingredients together. Season to taste.
3. Pre-heat oven to 160 ° C, full dry heat. Remove lamb rumps from the fridge at least 30 minutes before starting this recipe.
4. Using a rosemary brush, brush lamb rumps with half the oil, season with salt. Place remaining oil in a large heavy-based frying pan on a medium to high heat. Add lamb rumps skin side down, cook for 3 minutes each side to golden brown all over.
5. Transfer lamb to a gastronome lined with baking paper, brush lamb rumps well with balsamic glaze. Transfer to oven and cook for 12-15 minutes or internal temp of 58 ° C. Remove from oven, brush again with balsamic glaze. Cover loosely with foil. Rest for at least 10 minutes.
6. Place salad ingredients in a bowl add dressing a little at a time. Toss gently to combine. Carve lamb rumps across the grain and add to the salad platter, drizzle dressing over the salad, garnish with extra sunflower seeds and serve.

Ingredient List

Lamb

- 1kg lamb rumps,

Other Ingredients

- 1 bunch of rosemary, tied
- Salt and pepper to season

Salad Ingredients

- 3 bunches baby carrots, roasted
- 1 bunch target beetroot, finely sliced on a mandolin
- 1 bunch baby golden, beetroot, cooked, cut into wedges
- 1 bunch baby beetroot, cooked, cut into wedges
- 6 baby fennel, finely sliced on a mandolin, prongs reserved
- 1 bunch red radishes, finely sliced on a mandolin
- 1 bunch dill, leaves only, extra to serve
- 200g mixed salad leaves
- 50g sunflower seeds, toasted, extra to serve

Balsamic Glaze

- 20mls olive oil
- 20g garlic, crushed
- 5g rosemary leaves, roughly chopped
- 20g brown sugar
- 350mls balsamic vinegar

Dressing

- 60mls olive oil
- 50mls red wine vinegar
- 5g garlic, crushed
- 15g wholegrain mustard

