

Minty Lamb Steaks with Potato and Watercress Salad

This recipe pairs classic flavours lamb and mint together to delight your taste buds, and its simple too.



Instructions

- 1** To prepare the marinade, in a large, shallow bowl mix all the marinade ingredients together. Season. Add the lamb, coat on both sides, cover and set aside.
- 2** For the salad, in a large bowl mix all the ingredients together, season and set aside.
- 3** Cook the lamb in a non-stick griddle pan on the hob, or under a preheated moderate grill, or on a prepared barbecue for 6-8 minutes on each side until any meat juices run clear.
- 4** Serve the steaks with the salad.

Ingredients

- 4 lean boneless lamb leg or chump steaks
- 15ml sunflower oil
- 2 tsps prepared mint sauce
- 30ml balsamic vinegar
- 900g small new potatoes, quartered, cooked and cooled
- 4 tbsps low fat Greek yogurt
- ½ lemon, Grated zest and juiced
- 2 spring onions, finely chopped
- 1 garlic clove, peeled and finely crushed
- 2 large handfuls watercress leaves
- 2 tbsps flat-leaf parsley
- 2 sprinkles black pepper, freshly milled
- 2 sprinkles salt

Serves 4

Total time required 25 mins

Preparation time: 10 mins

Cooking time: 15 mins