



# Grilled lamb steaks with salad

Serves: 4

## Time

Preparation time 5 minutes

Marinating time 30 minutes (optional)

Cooking time 8 minutes

## Ingredients

- 4 lamb leg steaks, trimmed of all visible fat
- low-calorie spray oil
- 1 garlic clove, peeled and crushed
- 1 teaspoon honey
- 1 sprig of rosemary, remove leaves and chop them finely
- black pepper
- juice ½ lemon

## To serve

- 1 bag salad leaves
- 4 ripe tomatoes, washed, core removed and cut into large pieces
- ½ cucumber, peeled and cut into large pieces
- handful black olives (optional)
- 1 tablespoon light olive oil
- 2 tablespoons balsamic vinegar
- wholemeal crusty bread





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## Method

1. Lay the steaks on a large plate and spray quite liberally with low-calorie spray oil (about 6 sprays per steak). Rub the crushed garlic, honey, rosemary and a pinch of black pepper into the steaks and sprinkle with lemon juice.
2. If you have time, cover the plate with cling film and allow the lamb steaks to marinate for 30 minutes.
3. Preheat a grill to high.
4. Grill the steaks for 4 minutes on each side under a very hot grill. Remove and rest for a minute before serving with a salad of leaves, tomatoes, cucumber and olives.
5. To make the dressing, quickly mix light olive oil and balsamic vinegar together and drizzle a little over the salad before serving with wholemeal crusty bread.

## Tip

This is an ideal recipe for cooking on a barbeque.