

# HONEY SPICED LAMB STEAKS WITH CHILLI HERB SAUCE

I like my lamb fairly well done, if you like yours pink, reduce the cooking time by 5mins, or use an even thicker steak.



## For the lamb

**1 lamb rump steak (150g, about 2cm thick)**

**1 tsp honey**

**¼ tsp turmeric**

**1 tsp ground cumin**

**¼ tsp ground cinnamon**

**1 clove garlic**

**½ tsp salt**

**1 tsp oil**

## For the sauce

**2 tbsp chopped coriander**

**1 tsp chopped mint**

**1 – 2 hot green chillies**

**Squeeze of lime juice**

**1 tbsp oil**

For the lamb – mix the spices, honey & garlic together but omit the salt. Add enough oil to make a paste and rub into the lamb. Cover & marinate for between 1 and 8 hours.

For the herb sauce – chop everything together either by hand or in a food processor and set aside.

Pre-heat the oven to 230C/450F/ Gas8. Line a baking tray with foil and place the lamb on it, sprinkle over the salt.

Roast the lamb for 15min, remove from the oven and allow to rest for 5min. Serve with the sauce and either potatoes & veg or salad.

**Per serving** 367Kcal, 32.4g Protein, 21.7g Fat (1.8g saturated), 9.7g Carbs, 6.2g Sugar, 591mg salt

## *Hints, Tips and Variations*

- ◆ *Wheat, gluten & dairy free*
- ◆ *This would also work well with beef, pork or chicken*
- ◆ *If using a different cut of lamb, make sure it is thick enough - lamb chops will be too thin unless they are double thickness.*
- ◆ *The picture shows this dish served with cauliflower couscous, it would be equally good with potatoes, vegetables or salad.*
- ◆ *The chilli sauce is meant to be really fiery, if you like your chilli, don't scrimp!*
- ◆ *Any left over chilli sauce is good smeared over toast & topped with cheese before grilling.*