



Honey Spiced Lamb Steaks with Chilli Herb Sauce

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

For the lamb

2 lamb rump steaks (150g, about 2cm thick)
2 tsp honey
½ tsp turmeric
2 tsp ground cumin
½ tsp ground cinnamon
1 clove garlic
¼ tsp salt
1 tbsp oil

For the sauce

2 tbsp chopped coriander
1 tsp chopped mint
1 – 2 hot green chillies
Squeeze of lime juice
1 tbsp oil



1. 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.
2. For the herb sauce – chop everything together either by hand or in a food processor and set aside
3. Pre-heat the oven to 230C/450F/Gas8. Line a baking tray with foil and place the lamb on it, sprinkle over the salt.
4. 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.

Hints, Tips and Variations

Wheat, gluten & dairy free

Use the rub and sauce with chicken thighs or breast, beef or pork.

Increase or decrease the garlic & chillies depending on your taste.

Use chopped parsley if you don't like coriander.