



USE WHAT'S ON YOUR DOORSTEP  
SHARE WHAT'S ON YOUR TABLE

## Barbecued Balsamic Lamb

With Cucumber &  
Persian Feta Salad

Serves 4

### LAMB

2 x 250g lamb backstrap  
2 tblsp. balsamic vinegar  
1 tblsp. brown sugar  
2 tblsp. olive oil  
2 tsp. Dijon mustard  
1 tsp. light soy sauce  
1 clove garlic, chopped  
Sea salt flakes

### SALAD

1 telegraph cucumber  
sml handful mint leaves, finely chopped  
sml handful parsley leaves, finely chopped  
lge handful snow pea sprouts, cut into thirds  
½ small red onion, finely sliced  
250g tin marinated Persian feta  
½ lime, juiced  
sea salt flakes

1. For the lamb marinade, combine the balsamic vinegar, brown sugar, olive oil, Dijon mustard, soy sauce and garlic in a small bowl and mix until the sugar is dissolved and the ingredients are thoroughly combined.
2. Place the lamb backstraps into a dish and cover with the marinade. Set aside to marinate for as long as you can (preferably 3 hours or overnight).
3. Heat a barbecue griddle to medium-high heat. Cook the drained lamb backstraps, turning every minute and lightly basting with the marinade, until the meat is just cooked through but still pink (about 8-10 minutes). Season with sea salt flakes to taste. Set aside to rest for 5-10 minutes.
4. For the salad, cut the cucumber into 3 lengths (about 8cm) and partially peel the cucumber segments. Discard the trimmings. Using the peeler, make slices of cucumber flesh, discarding the seedy core. Place into a bowl with the mint, parsley, snow pea sprouts and onion. Pour some of the oil from the tin of cheese as well as the lime juice over the top and stir to coat lightly.
5. Using two-thirds of the salad mixture, place a small handful of salad on each serving plate. Scatter chunks of feta over each salad then top with the remaining salad. Slice the rested lamb and serve alongside the salad.



**POLL DORSET – for quality, taste and tenderness**