

Air Fryer Lamb Steaks with Rosemary, Garlic & Mint Jelly

エアフライヤーラムステーキ ローズマリー・ガーリック風味

Serves: 2 | Main pan/device: **Air fryer** | Target doneness: medium-rare



Ingredients

Lamb

- 243 g New Zealand lamb leg steaks ニューージーランド産ラムもも肉

Marinade

- 1 tsp olive oil オリーブオイル
- 1 tsp Dijon mustard デイジョンマスタード
- 1 tsp reduced-sodium soy sauce 減塩醤油
- 1 small garlic clove, grated にんにく
- ½ tsp dried rosemary 乾燥ローズマリー
- Black pepper 黒こしょう
- Tiny pinch salt + MSG blend 塩+MSG 少々
- Optional: 1 tsp plain Greek yogurt ギリシャヨーグルト

Serving

- Mint jelly ミントジェリー
- Lemon wedges レモン

Suggested Side Dishes

- Air fryer zucchini and mushrooms ズッキーニときのこ
- Air fryer asparagus アスパラ
- Small roasted potatoes 小じゃがいも
- Simple tomato salad トマトサラダ
- Rosemary bread ローズマリーブレッド

Instructions

1. Pat the **lamb** dry.
 - Dry surface helps the lamb brown quickly in the air fryer.
2. Mix the marinade.
 - Combine **olive oil**, **Dijon mustard**, reduced-sodium **soy sauce**, grated **garlic**, **rosemary**, **black pepper**, **salt + MSG blend**, and optional **Greek yogurt**.
3. Coat the lamb lightly.
 - The marinade should enhance the lamb, not cover it heavily.
4. **Marinate 30-90 minutes** in the refrigerator.
 - For a quick dinner, 30 minutes is enough.
 - Do not marinate overnight; the lean lamb can become too strongly flavored.
5. Remove lamb from the refrigerator about **20 minutes before cooking**.
 - This helps the pieces cook more evenly and reduces the risk of overcooking the outside before the center warms through.
6. **Preheat** the air fryer to **200°C** for **3-4 minutes**.
 - Strong initial heat is good for lamb because it creates browning quickly.

7. Arrange lamb in the air fryer basket with space between pieces.
 - Do not crowd the basket.
8. **Air fry** at **200°C** for about **5-6 minutes total** for medium-rare.
 - Flip halfway through cooking.
 - Because lamb leg steak is lean, err on the shorter side the first time.
9. Check doneness.
 - Target internal temperature after resting: **54-57°C** for medium-rare.
 - Remove promptly; carryover heat will continue cooking the lamb slightly.
10. **Rest 5-7 minutes** before slicing or serving.
 - Resting is essential so the juices do not run out immediately when cut.
11. Serve with **mint jelly** and **lemon wedges**.
 - Use the mint jelly as a table condiment for dipping bites of lamb, not as part of the marinade.

Vegetable Side Option

1. For zucchini, mushrooms, or asparagus, toss vegetables lightly with olive oil, black pepper, and a tiny pinch salt + MSG blend.
2. Air fry vegetables before the lamb if they need more time.
 - Zucchini or mushrooms: **190°C** for about **5-7 minutes**.
 - Asparagus: **190°C** for about **4-5 minutes**.
3. Keep vegetables warm while the lamb cooks.
 - The lamb cooks quickly, so the vegetables will not have to wait long.

Notes

- Lamb leg steak is leaner than many lamb cuts, so overcooking is the main risk.
- Medium-rare is the preferred target for lamb and beef in this kitchen.
- Mint jelly pairs especially well with rosemary, garlic, and lamb.
- Use only a small amount of soy sauce so the lamb does not drift into a yakiniku flavor profile.
- If the pieces are thin, begin checking around 4 1/2 minutes.

Nutrition

Per serving: Kcal: 270 | Protein: 27 g | Fat: 16 g | Sat Fat: 5 g | Carbs: 2 g | Sugars: 1 g
| Fiber: 0 g | Sodium: 320 mg | Omega-3: 0.1 g

Total dish: Kcal: 540 | Protein: 54 g | Fat: 32 g | Sat Fat: 10 g | Carbs: 4 g | Sugars: 2 g
| Fiber: 0 g | Sodium: 640 mg | Omega-3: 0.2 g

Note: nutrition estimate excludes mint jelly and side dishes.