

## Lamb Steaks with Mediterranean Sauce

Serves 4

- 4 lamb steaks
- Salt and ground black pepper
- Finely grated zest of ½ lemon
- 3 tsp butter
- ½ red onion, thinly sliced lengthwise into fine wedges
- 1 large red pepper, roasted and finely diced
- 1 tsp finely chopped fresh thyme, plus extra sprigs to garnish
- 1 T pomegranate molasses or balsamic glaze\*
- ¾ cup white wine
- 120-140g spinach, lightly cooked, to serve



1. Allow lamb steaks to come to room temperature.
2. Season lamb with **salt, pepper** and **lemon zest**.
3. Heat a heavy-based frypan over medium-high heat. Place 1 tsp **butter** on each lamb steak, then place butter-side down in hot pan. Cook over high heat for **1 minute** then reduce heat to medium high and cook **another 2 minutes**. Turn and **cook 3 minutes** on the other side, reducing heat a little if necessary so it does not brown too much. Test for doneness by squeezing the sides of a steak – for a medium rare result it should be springy with a little give.
4. Transfer lamb to a clean plate and cover with tin foil and a clean dishtowel. Allow to rest while you make the jus.
5. Add remaining 1 tsp **butter** to the pan used for cooking the lamb and cook red onion over medium heat, stirring now and then, until softened (**about 5 minutes**).
6. Add roasted **red pepper** and **thyme** and sizzle for 30 seconds, then add pomegranate **molasses** and swirl over heat for 20-30 seconds until it starts to caramelize.
7. Add **wine**, stirring to lift pan brown bits, and boil hard until reduced by half (**1-2 minutes**). Adjust seasonings to taste and remove from heat.
8. To serve, slice the rested lamb thin across the grain. Divide cooked **spinach** between 2 warm serving plates and spoon the **red pepper and onion mixture** around the outside. Top spinach with lamb and pan jus. Garnish with sprigs of **thyme**.

*\*See Balsamic glaze recipe, Sauces Page 16*