Lamb Rump Salad

Ingredients

2 x 200 Lamb rumps

2 Tea Spoon Olive Oil (Balsamic Glaze)

2 Garlic Cloves, Crushed (Balsamic Glaze)

1 Table Spoon Fresh Rosemary, Chopped (Balsamic Glaze)

2 Table Spoon Brown Sugar (Balsamic Glaze)

1 Cup Balsamic Vinegar (Balsamic Glaze)

1 Bunch Baby carrots, roasted (Salad)

1 Bunch Baby golden beetroots, roasted, cut into wedges (Salad)

1 Baby Fennel, finely sliced (Salad)

1 Bunch Red Radishes, finely sliced (Salad)

1 Bunch Dill, chopped (Salad)

200g Mixed Salad Leaves (Salad)

50g Sunflower seeds, toasted, extra to serve (Salad)

2 Table Spoon Olive Oil (Dressing)

2 Table Spoon Red Wine Vinegar (Dressing)

1 Clove Garlic, Crushed (Dressing)

2 Tea Spoon Wholegrain Mustard (Dressing)

Method:

1. Pre-heat oven to 200c. Line a large baking tray with baking paper. Remove lamb from the fridge and rest at to room temperature for 30mins. Meanwhile, prepare the glaze by adding all ingredients in a saucepan, bring to boil and then simmer for 15 minutes.
2. Brush lamb rumps with half the oil, season with salt. Place remaining oil in a large frying pan over high heat. Add lamb rumps skin side down, cook for 2-3 minutes on each side, or until fat has rendered and lamb is crispy. Turn and cook other side.
3. Place on prepared baking tray, brush lamb rumps well with balsamic glaze and cook for 12-15 minutes. Remove from the oven, brush again with glaze and cover loosely with foil, set aside to rest for 10-15 minutes. Carve lamb rumps across the grain.
4. Arrange salad in a bowl, top with lamb and pour the dressing over.