

## LAMB MEDALLIONS WITH BLACKCURRANT SAUCE

Lamb medallions are the leanest cut of lamb available and they can be cooked and eaten pink.

Serves 4

Per serving: 200 calories 10.8g fat  
(excluding accompaniments)

Prep time 5 mins

Marinating time 30 mins

Cook time 15 mins

## INGREDIENTS

8 lamb medallions, all visible fat removed  
1 tbsp blackcurrant jelly  
2 garlic cloves, crushed  
150ml vegetable stock  
1 tbsp chopped fresh mint  
freshly ground black pepper

## METHOD

1. Place the lamb in a shallow dish and season with freshly ground black pepper.
2. In a small saucepan heat together the blackcurrant jelly, garlic and vegetable stock for 2 minutes until the garlic is soft. Allow to cool, then stir in the mint.
3. Drizzle the sauce over the lamb and leave to marinate for 30 minutes.
4. Preheat the grill to high. Place the lamb on a baking tray and cook under the hot grill for 4 - 5 minutes each side, turning regularly. Serve hot with 100g boiled new potatoes (with skins) and unlimited other vegetables per person.

