



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appetit!

Mediterranean Lamb for Two

OVERVIEW

YIELD: Serves 2

PREP TIME: 40 minutes

TOTAL TIME: 40 minutes

INGREDIENTS

2 lamb steaks (140 g each)

2 Tbsp olive oil

1 tsp black pepper

½ tsp salt

4 garlic cloves (minced)

4 Tbsp oregano (finely chopped)

½ cucumber (seeded, thinly sliced)

½ red onion (thinly sliced)

1 tsp salt

2 Tbsp rice vinegar

2 tsp sugar

DIRECTIONS

1. Mix first six ingredients together, and let marinate for at least two hours in the fridge.
2. Take your sliced cucumber or onion and place into a colander and mix thoroughly with a teaspoon of salt, let sit for 10 minutes.
3. Slowly heat vinegar and sugar until it dissolves. Add cucumber and onion and stir well, then set aside.
4. Sear the lamb on medium high heat for three–four minutes per side and then let rest for 10 minutes.
5. Slice lamb and garnish with chopped parsley and lemon.
6. Serve lamb with warm pita or naan bread, pickled cucumber or onion, olives, tomatoes, feta cheese and hummus.

