

TK Club Members Favourite Recipes - New to The TK Club

Throughout this year I will be sharing with you some of YOUR favourite recipes here in my TK Club. This months contribution is from long time member Terri Nash.

Roast Lamb & Veggie Salad

Ingredients

4 lamb steaks

½ Butternut Pumpkin

1 Zucchini

1 Red Capsicum

1 Red onion

3 cups Spinach

Spices & herbs: cinnamon, nutmeg, salt & pepper

Dressing

2-3 sprigs of finely chopped Dill

3 tablespoons of whole egg mayonnaise

2 tablespoons of Peppitas

2 tablespoons of dried shallots

Method

Slice up the veggies and place in a non stick roasting pan or lightly oiled pan,

Season all veggies with salt & pepper, sprinkle the pumpkin with nutmeg & cinnamon (this is important not to miss, the flavor is what makes the salad!)

Slice the lamb into strips, and sprinkle any seasoning you like, I just use what ever I have in the pantry. (I use lamb, but you can use chicken or pork, whatever you choose)

Roast the veggies for approx 30-40 mins in a hot oven, when they look just about cooked, heat up a non stick frying pan, make sure it's nice and hot, toss the lamb in until cooked, approx 3-5 mins.

The dressing is 3 large table spoons of mayonnaise and 2-3 sprigs of chopped dill, give it a good mix and add a dash of water to make it slightly runny, you could use lime juice instead of water.

Serving

Place the spinach on each plate, top with the warm roast veggies, then add the lamb, then drizzle the dressing, and lastly I add some dried shallots and roasted pepitas

Thank you Terri for sharing this delicious recipe here in my TK Club.

NB If you would like me to try out one of your favourite recipes here in the TK Club just email me the recipe (ingredients and method) and tell me why it is a favorite in your family and we'll share it here for everyone to try out! Email info@taniakernaghan.com