

PINEAPPLE -SPIKED VIETNAMESE LAMB SALAD

I love Vietnamese flavours and while this lamb salad isn't strictly authentic, it's inspired by the herby freshness and spicy kick of Vietnamese food. Lamb backstrap (or fillet) is a premium product, tender and lean, and it turns this easy salad into a very special meal.

Serves: 6 (add more lamb to serve more)

Time: 30 minutes (plus at least 30 minutes to marinate lamb)



INGREDIENTS

Marinated Lamb

- 1 lime, juice and zest
- 2 garlic cloves
- 2cm piece ginger, in 1cm slices
- 1 stick lemongrass, white part only, chopped
- 4 coriander roots, optional
- 1 red shallot (approx. 30 grams)
- 1 bullet chilli, seeds removed, optional
- 150 grams pineapple, chopped (see Tips)
- 30 grams dark soy sauce
- 200 grams coconut cream
- 1-2 lamb backstraps (fillets)

Salad

- 200 grams snow peas, trimmed
- ½ wombok, thinly sliced
- handful Vietnamese mint, leaves only
- handful Thai basil, leaves only
- handful coriander, leaves only
- 200 grams pineapple, thinly sliced in wedges (see Tips)
- 4 spring onions (shallots), white and light green part only, thinly sliced
- 12 cherry tomatoes, halved



- 100 grams roasted cashews, chopped
- ½ lime, juice only
- 1 tablespoon sesame oil
- 1 red chilli, thinly sliced, optional

METHOD

1. Place lime zest, garlic, ginger, lemongrass, coriander roots (if using), shallot and chilli in mixing bowl. Chop **4 sec/speed 7**.
2. Add pineapple, coconut cream, soy and lime juice. Mix **10 sec/speed 9**. Place lamb in a ziplock bag or bowl and cover with marinade. Rest in refrigerator for at least 30 minutes.
3. After lamb has marinated, remove lamb and place it in Varoma dish. Place snow peas in Varoma tray. Pour marinade into mixing bowl. Ensure liquid level covers the blades and, if not, add water to cover. Cook **12 min/Varoma/speed 2** (for medium-rare lamb; 14 minutes for medium). Remove lamb and snow peas and set aside.
4. Reduce remaining marinade for **6 min/Varoma/speed 3** with MC removed and steamer basket resting on mixing bowl lid. Check consistency and reduce for a further **5 min/Varoma/speed 3**, if desired. Meantime, make the salad.
5. Place all salad ingredients except sesame oil and lime juice on a platter or in large bowl, saving some of each ingredient to add at last minute. Toss salad with sesame oil and lime juice.
6. Thinly slice lamb and arrange over salad. Top with extra salad ingredients. Drizzle with sauce and serve with extra marinade.



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Tips

- Fresh pineapple is best but tinned is okay too.
- Lamb should marinate for at least 30 minutes and up to 1 day
- Marinate extra lamb and freeze it for another time.
- I do just one lamb fillet here but you can easily do more to feed more people

Variation

- Use beef fillet or chicken breast instead of lamb
- Mix up the salad vegetables to suit your preferences and what's available – you can easily use another cabbage or lettuce instead of the wombok