



Grilled Spring Lamb with Tomato and Avocado

You need four PVC rings about 10cm diameter and 4cm high.

- 2 tbsp *Cobram Estate Rich and Robust extra virgin olive oil*
- 2 tbsp finely chopped coriander leaves
- 4 mint leaves, finely chopped
- 1 tsp cracked pepper
- about 600g deboned loin of lamb
- salt
- 2 tbsp finely cut chives
- 4 small tomatoes, sliced
- 1 large avocado, diced
- 1 cup rocket leaves

Dressing:

- 1 tsp Dijon mustard
- 1 tbsp *Cobram Estate red wine vinegar*
- juice of 1/2 lemon
- 3 tbsp *Cobram Estate Rich and Robust extra virgin olive oil*
- salt and freshly ground black pepper

Mix together 2 tbsp *Cobram Estate Rich and Robust extra virgin olive oil*, the coriander, mint and cracked pepper. Rub this all around the meat and leave to marinate for 30 minutes.

Heat a cast-iron grill and cook lamb on each side for about 4 minutes. Remove meat from grill and allow to rest.

In a bowl mix the mustard, *Cobram Estate red wine vinegar*, lemon juice, a little salt and pepper and the *Cobram Estate Rich and Robust extra virgin olive oil*.

Place PVC rings on plates. Line the base of the rings with tomato slices. Top with diced avocado and rocket leaves. Spoon a little dressing over, then top with thin slices of lamb, overlapping each other. Sprinkle with finely cut chives and serve.

Enjoy your Meal

Gabriel Gate