

Five-Spice Australian Lamb Shoulder Chops And Ruby Grapefruit-Fennel Salad recipe



RECIPE SERVES 4



AUSTRALIAN LAMB

- 8 Australian lamb shoulder chops, trimmed

MARINADE

- 1 teaspoon five-spice powder
- 1 tablespoon honey, softened
- 1 tablespoon soy sauce
- 2 tablespoons red wine

SALAD

- 1 ruby grapefruit, segmented and pith removed
- 1 small bulb fennel, white part only, finely sliced
- ½ bunch cilantro, chopped
- 1 bunch watercress
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- sea salt and freshly ground pepper, to taste

OPTIONAL, TO SERVE

- loaf of sourdough bread

1. Place the lamb chops in a flat dish. To make marinade combine the five-spice powder, honey, soy

and wine, and mix well. Pour over the chops, turning chops so they are fully coated in mixture. Cover and marinate 20 minutes or overnight.

2. To make the salad, combine the grapefruit, fennel, cilantro and watercress in a bowl. Whisk together the oil and juice, season with salt and pepper to taste, and toss through the salad.
3. Heat grill to medium and brown chops, turning occasionally, for 8-10 minutes until cooked as desired.
4. Serve with the salad and sourdough bread.