



CHLOË BOWLER
complete wellbeing

REDCURRANT LAMB STEAK



Ingredients

- 1 clove of garlic
- 1 Organic lamb steak
- ½ bag of organic spinach
- 50g mushrooms
- 2 tbsp Redcurrant jelly
- 2 tbsp Balsamic vinegar

Instructions

1. In a cup, mix together 2 tbsp of redcurrant jelly with balsamic vinegar and leave to one side.
2. Heat some olive oil in a pan and add some crushed garlic then pan fry the lamb steak.
3. When it is nearly cooked spoon over the redcurrant balsamic mix until it glazes over the lamb steak.
4. In a separate pan simply stir the spinach and chopped mushrooms in a little bit of olive oil over a low heat until cooked.
5. Serve the lamb with the mixed spinach and mushroom on the side.

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