



Mushroom, watercress & lamb salad

Preparation: 10 minutes

Cooking: 15 minutes

Serves: 4

500g trim lamb loin fillet
1 /3cup olive oil plus extra for greasing
100g walnut halves, roughly chopped
4 (about 500g) flat mushrooms, sliced
1 lemon, juiced
salt & ground black pepper, to taste
1 bunch watercress, picked over, washed & dried
1 large ripe avocado, halved, peeled,
seed removed & sliced lengthways

1. Preheat a greased char-grill or grill on medium-high heat.
2. Place the lamb onto the char-grill & cook for 3-4 minutes on each side (for medium) or until cooked to your liking. Remove & set aside.
3. Heat the oil in a medium frying pan over medium-high heat. Add the walnuts & cook, stirring often, for 3-4 minutes or until lightly toasted. Using a slotted spoon, remove walnuts & set aside on a plate.
4. Add mushrooms to the pan & cook, stirring occasionally, over medium-high heat for 3-4 minutes or until tender. Stir in the lemon juice & season with salt & pepper. Thinly slice the lamb across the grain.
5. Place the watercress, avocado, lamb & walnuts into a large heatproof bowl. Add the warm mushrooms & pan juices. Toss gently to combine & serve.

Tip: To hasten ripening of an avocado, place the fruit into a brown paper bag with a ripe banana & leave at room temperature for 1-3 days.