

Lamb leg steaks with rosemary & garlic



10g butter or coconut oil
1 garlic clove, peeled and crushed
2 sprigs of fresh rosemary
450g lamb leg steaks
salt and pepper, to season

SERVES 3

Melt the butter / oil in a frying pan over a medium/high heat.

Add the garlic clove and rosemary to the pan.

Season the steaks with salt and pepper and place them in the pan.

Fry the lamb steaks for around 3-4 minutes on each side, or until the lamb is cooked to your liking. Cooking time will vary depending on the thickness of the steaks.

Consume immediately.

Serving suggestion:

Serve with Mediterranean vegetables and potato wedges.



PER SERVING:
255 Calories
0g Carbs
30g Protein
15g Fat