

Kangaroo Salad

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes



2 serves per portion

Ingredients

1 tablespoon olive oil

500g kangaroo steak

½ red onion, sliced

200g punnet cherry tomatoes, quartered

1 continental cucumber *OR* 2 Lebanese cucumbers

1 avocado, diced

3 cups baby spinach leaves

½ cup coriander stalks and leaves, chopped

1 tablespoon chives, chopped

Dressing:

2 tablespoons olive oil

1 lime, juiced

1 red chilli, finely chopped

Method

HEAT a frying pan over medium heat and add oil once hot. Add the kangaroo steak and cook to your liking (about 4-5 minutes each side for medium rare). Remove from pan and rest for 10 minutes before slicing thinly.

ADD red onion, tomato, cucumber, avocado, baby spinach leaves, coriander, chives and cooked kangaroo to a large serving bowl. Toss to combine.

COMBINE olive oil, lime juice and chilli in a small jar. Put the lid on the jar and shake well.

DRIZZLE the dressing onto the salad before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team