

# Your Best Body

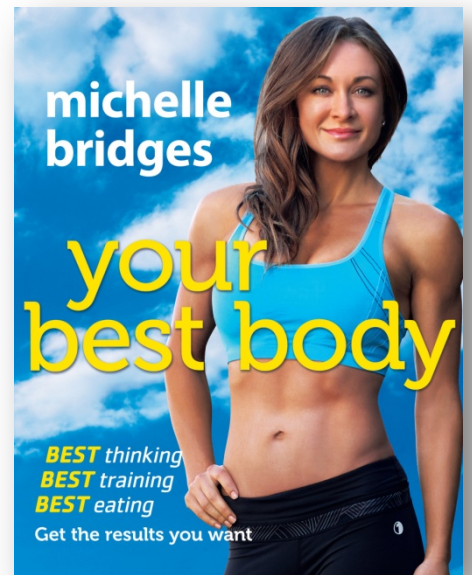
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## Lamb Fillet With Spinach Red Cabbage And Mint Salad

Free recipe from *Your Best Body* by Michelle Bridges, Lamb Fillet with Spinach, Red Cabbage and Mint Salad, page 148.

Hello? Lamb and mint! That's got to be one of the most heavenly flavour combinations ever! And then add spinach to that? This dish could be the 'holy grail' of superfoods! Last supper, anyone?

**SERVES 2 | PREP 20 mins | COOK 10 mins | CAL PER SERVE 340**



1/4 cup low-cal yoghurt  
1 cup mint leaves

1 bunch asparagus, trimmed  
250 g lamb fillet, trimmed  
cracked black pepper  
150 g red cabbage, shredded  
75 g baby spinach  
2 tablespoons macadamia nuts, coarsely chopped

1. Put a small saucepan of salted water on to boil.
2. Meanwhile, to make the dressing, process the yoghurt and half the mint in a food processor until smooth.
3. Add the asparagus to the boiling water, and cook for 2 minutes until just tender. Meanwhile, crack some ice into a bowl of cold water. When the asparagus is done, drain and tip it into the iced water. Then drain again and cut into chunks.
4. Lightly spray a frying pan with oil and heat on high. Season the lamb fillet with pepper, and cook it for 2 minutes each side until well browned but medium on the inside. Set aside, loosely covered with foil, for 2 minutes to rest, before slicing it thickly.
5. Combine the cabbage, spinach, asparagus and the remaining mint in a bowl, then add the lamb and toss.
6. Arrange the salad on two plates, drizzle with the dressing and sprinkle the macadamia nuts over.

**TIP** You can also use 300 g of pork fillet instead of the lamb (323 calories per serve).