

Maple and Balsamic Lamb



SERVES 1

Ingredients

100g lamb - diced
1 tbl balsamic vinegar
2 tsp pure maple syrup
½ cauliflower head

2 tbl capsicum
½ onion
1 clove garlic

Instructions

Mince garlic, chop onion. In a bowl add in balsamic vinegar and maple syrup - mix well then add in lamb and mix until lamb is coated.

Chop cauliflower and add to a food processor and blend until it becomes rice like. In a non-stick pan add in lamb and stir fry for 5 minutes until lamb is cooked.

In a separate pan add in garlic and onion and saute until onion becomes translucent. Then add in capsicum and cauliflower and saute for 10 minutes until cauliflower softens.

On a plate add cauliflower rice then top with lamb and enjoy.

