

Kangaroo and macadamia salad recipe

- 2 dried lemon myrtle leaves (or 1/2 tsp lemon myrtle seasoning)
- 2 rosemary sprigs, leaves picked
- 3 garlic cloves
- 1 tbs macadamia oil
- 2 tbs Australian Bush Spices Red Meat Blend or chopped fresh thyme
- 600g kangaroo loin fillets
- 2 cups each baby spinach and rocket leaves
- 1/2 red onion, thinly sliced
- 1 red capsicum, thinly sliced
- 1/2 cup (75g) roasted macadamia halves
- Honey mustard dressing
- 2 tsp honey mustard
- 2 tbs white wine vinegar
- 1/3 cup (80ml) macadamia oil



- Using a mortar and pestle, pound the lemon myrtle, rosemary leaves, garlic cloves and macadamia oil to a paste.
- Transfer to a bowl and stir in the spice mix.
- Add the kangaroo fillets and turn to coat in the spice mixture.
- Cover with plastic wrap and chill for at least 1 hour, preferably overnight.
- Heat chargrill pan or barbecue over high heat.
- When hot, add the kangaroo fillets and cook for 2-3 minutes each side for medium-rare or until the fillets are cooked to your liking.
- Transfer to a plate and rest, covered loosely with foil, for 5 minutes.
- For the dressing, whisk the mustard, vinegar and oil in a bowl until combined.
- Combine spinach and rocket in a large bowl. Slice the fillets 1cm thick and scatter over the leaves with the onion, capsicum and macadamias.
- Drizzle with dressing and serve immediately.

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