FOSSE 107
Just Great Music!

Seared Lamb Fillet With Beans And Garlic Minted Dressing

Spring is the perfect time to enjoy lamb. This is a light flavoursome dish that is delicious served warm or cold. Ideally, marinate the lamb the night before to enhance the flavour.

Serves 4

Preparation time: 15 minutes
Marinate: 1 hour or overnight
Cooking time: 50 minutes

Ingredients:

- 500g lamb fillet
- 1 garlic clove, crushed
- Grated zest of 1 lemon
- 1 tsp cumin powder
- 1 tbsp olive oil plus a little extra for frying
- 150g green beans or sprouting broccoli, trimmed
- 250g mixed green leaves, baby spinach or rocket leaves
- 150g cherry tomatoes, halved
- ½ red onion, finely diced

Dressing

- 1 bulb of garlic
- Drizzle of olive oil
- 200g Greek yoghurt
- Handful of mint leaves
- 1 tsp honey or maple syrup
- 2 tbsp balsamic vinegar
- Pinch of cumin
- ½ tsp Dijon mustard



1. For the lamb, mix together the garlic, lemon zest, cumin and olive oil and rub over the lamb. Leave to marinate in the fridge for at least 1 hour or overnight.
2. For the dressing, place the garlic bulb in a piece of foil and drizzle over a little oil. Bake in the oven for about 30 minutes. Cool slightly then squeeze out the garlic pulp into a blender. Add the remaining ingredients for the dressing and blend together. Season to taste.
3. Preheat the oven to 220C/200C fan/gas mark 7. Sear the lamb in a frying pan with a little olive oil so that it is brown all over. Place in the oven and roast for 15-20 minutes. Allow to rest for 5-10 minutes. Slice thinly.
4. Blanch the beans or broccoli in boiling water until al dente, drain and refresh under cold water. Pile the green leaves on a platter and top with the beans, tomatoes and onion. Arrange the lamb on top and drizzle over the dressing to serve.

NUTRITIONAL INFORMATION PER SERVING:
437kcal, fat 33g (of which saturates 15g), carbohydrates 6.7g (of which sugars 5.7g), protein 28g, fibre 1.9g

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