

INGREDIENTS

LAMB

- 2-3 lamb loins
- 2-4 garlic cloves (crushed)
- 2 tbsp sumac
- 2 tbsp oregano
- 2 fennel bulb
- 1 lemon
- 1 tbsp parsley
- Olive oil
- Salt and pepper to taste

SALAD

Tomato and capers

Ingredients

- 300g tomatoes (skinned and deseeded)
- 20g capers (finely sliced)
- 20g gherkins (finely diced)
- 2 shallots (finely diced)
- 2 tbsp tomato pesto
- Dash tobacco
- 1 tbsp worcestershire sauce
- 1 tbsp dijon mustard
- Salt and pepper to taste

INSTRUCTIONS

LAMB

1. Rub the lamb in sumac, garlic, oregano and set aside for 15 minutes.
2. Cook to your liking.
3. Place the fennel lemon zest into a pan and caramalise.
4. Drizzle with a little lemon juice and add the parsley.

SALAD

1. Combine all ingredients.
2. Serve with bocconcini and Parmesan crisp.
3. Drizzle with reduced balsamic.



Seared Lamb with Parmesan Crisp



4 servings



40 Minutes

This succulent seared lamb dish is the perfect meal on a cold winter night. Served with a vibrant tomato and caper salad that will awaken your taste buds.

The perfect dish to cook for friends.