

Sliced leg of lamb on mustard mash



aroma
KITCHEN

INGREDIENTS

500g leg of lamb, meat sliced & seasoned
2 onions chopped
4 cloves garlic chopped
1 small carrot sliced
1 tbsp chopped fresh rosemary
1 glass red wine
3 bay leaves
2 medium sized tomatoes
300g tomato pulp

Small bunch mint
2 tbsp crushed almonds
50ml olive oil
2 medium sized potatoes, peeled and diced
50ml Hanini cooking cream
1 tbsp Maille wholegrain mustard
1 knob butter
40g black eyed peas, soaked overnight in water
(Or just used tinned)



METHOD

- 1 Heat a large pan with little olive oil and butter and seal the lamb slices on both sides.
- 2 Add in the onions, garlic, carrots and rosemary and continue to cook to brown the vegetables.
- 3 Splash in the red wine and evaporate, followed by the tomato pulp and bay leaves.
- 4 Cover and simmer on low heat or place in the oven at 165°C for 75 minutes (add in the soaked black-eyed beans in the last 10-15 minutes of cooking time).
- 5 Meanwhile, blitz together the mint, almonds and olive oil into a paste, season well with salt and pepper and place in the fridge.
- 6 Boil the potatoes in a pan of salted boiling water, drain and mash together with the mustard, butter and cream and season with salt and pepper.
- 7 Serve the mash as a base with the braised lamb and its juices. Drizzle the mint dressing around to garnish.