



## Roasted Lamb Rump with Roasted Parsnips & Radish Salad

### INGREDIENTS

Serves 4

800g Fleurieu lamb rump

4 garlic cloves

1 lemon

3 radishes

4 parsnips

100g baby salad leaves

½ bunch mint, picked

Salt & pepper

2 spring onions

2 tablespoons extra virgin olive oil

## **METHOD**

Pre-heat your oven to 180°C.

Fill small bowl with water and add thinly sliced radishes.

Place a non-stick frypan on high heat. Add 1 tablespoon of the olive oil and the lamb which has been seasoned with salt and pepper.

Clean parsnips, peel if desired, otherwise just cut in quarters if they are large or leave whole if they are small. Roast in the oven with remaining olive oil and salt and pepper until tender. Put to one side keeping them warm.

Cook the lamb until brown on one side and then flip over, add the whole garlic cloves and put the frypan into oven, cook for 5-7 minutes.

Combine salad leaves, sliced radishes, spring onions and a pinch of lemon zest in a bowl. Squeeze lemon juice over the top.

Carve lamb in slices and place on serving plates and then place the salad and roasted parsnips next to the lamb.