INGREDIENTS

FOR POTATO MASH & ROASTED CARROTS:

- 2 medium (400 g) potatoes, peeled
- 1 cup fresh or frozen peas
- Bunch baby carrots
- Extra virgin olive oil*
- 1-2 tsp. Saveur Italian Pinzimonio Olive Oil Mix
- ½ tsp. Saveur Himalayan Salt & Pepper, ground finely

FOR LAMB:

- 2 lamb fillets
- Olive oil*
- 1-2 tbsp. Saveur Onion Garlic Rub

METHOD FOR POTATO MASH & ROASTED CARROTS

1. Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over medium heat. Boil, uncovered, for 12 minutes or until potatoes are tender.
3. Meanwhile, preheat oven to 200°C. Place carrots in a roasting pan. Spray with oil. Roast for 10 minutes.

METHOD FOR LAMB

1. Toss the lamb fillets in a bowl with olive oil and Saveur Onion Garlic Rub.
2. Add some olive oil to a pan. When the pan is hot, add the lamb fillets and sear on both sides.
3. Remove lamb from the pan and allow it to rest for a minute.
4. Slice against the grain and serve on top of potato mash.

*To make this recipe Dr. Wallach-friendly, substitute butter for olive oil.
This recipe has not been tested with the substituted ingredients, so results may vary.