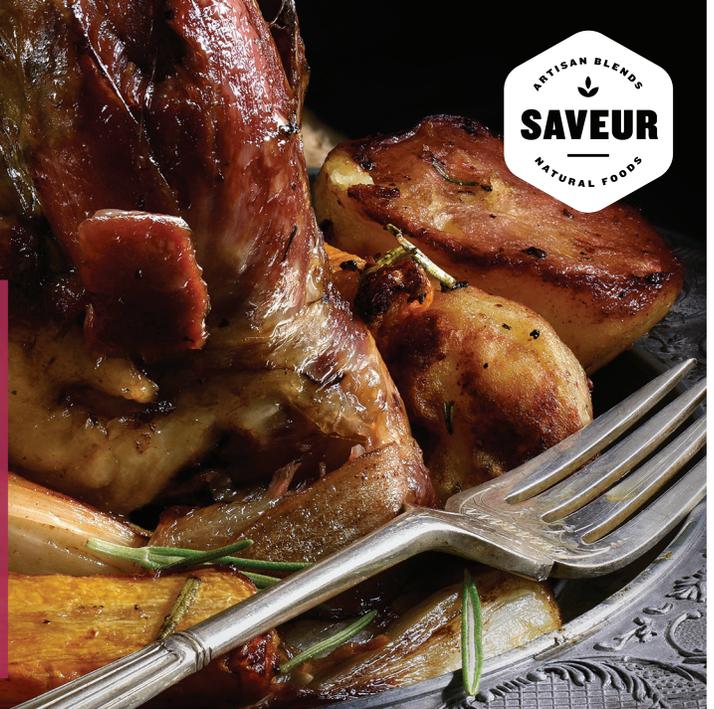




Savoury LAMB FILLET & POTATO MASH



This recipe features Saveur's Italian Pinzimonio Olive Oil Mix, Himalayan Salt & Pepper, and Onion Garlic Rub.

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.
2. Add peas. Boil, uncovered, for 2 minutes. Drain. Mash potatoes and peas in a bowl. Season with Saveur Seasoned Salt & Saveur Garlic Mix. Cover to keep warm.
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.

