

How To Cook Lamb Neck Fillets

More of an underrated cut, prized for tenderness and fantastic flavour

Serves: 2

Prepare: 2 Minutes

Cook: 15 Minutes

Difficulty: Easy



Ingredients

- [450g organic lamb neck fillets](#)
- knob of butter
- 2-3 sprigs of rosemary
- salt and pepper, to season

Method

1. Preheat the oven to 180°C
2. Season the lamb with salt and pepper and place a large frying pan over a high heat. Once smoking hot, add the lamb fillet and cook all over until nicely browned on each side for approximately 2 minutes
3. Add the butter and rosemary and allow the butter to melt and foam up. Use a spoon to baste the meat in the flavoured butter, then transfer to the oven and cook for 8 minutes to get your lamb neck fillets medium rare
4. Remove from the oven and leave to rest in a warm place for 5 minutes before carving. Serve with potatoes and seasonal vegetables