

Roast Lamb Rump with Minted Peas and Lentils

Making an elegant but unfussy supper is simple with a versatile cut like organic lamb rump.

Serves: 2

Prepare: 10 Minutes

Cook: 40 Minutes

Difficulty: easy



Ingredients

- approx 500g [organic lamb rump](#)
- 150g puy lentils
- 75g petit pois, cooked
- 75g baby broad beans, cooked
- 1 shallot, finely chopped
- 1 tbsp olive oil, plus an extra splash for frying
- juice and zest of 1 lemon
- a handful of fresh mint leaves
- ½ tsp cumin
- salt and pepper to season

Method

1. Preheat the oven to 170°C fan. Rinse the lentils and put into a large pan, cover with water, bring to the boil then simmer for about 15 minutes, until tender. Drain and set aside
2. Heat a splash of oil in a heavy frying pan until shimmering hot. Sear the lamb, starting with the fat side first so it has time to fully soften and render. When all sides are well browned, put the lamb into the preheated oven to roast. This should take only 15 to 20 minutes for medium-rare
3. While the lamb cooks, make the dressing for the lentils by combining the oil, chopped onion, lemon juice and zest with the mint and cumin. Mix the lentils with the cooked peas and broad beans
4. When the lamb's roasting time is up, test the internal temperature, at 55°C it'll be medium-rare. Remove it from the oven and let it rest, wrapped in foil, for 5 minutes. Dish the lentils and peas into 2 shallow bowls, carve the lamb and lay it on top of the lentils, then pour the dressing over