

Lamb Chops with Rosemary, Black Olive Butter and Parsnip Mash



Preparation time: 20 mins

Cooking time: 30 mins

Serves: 4

how to cook

- 1 Preheat the oven to Gas 6, 200°C, fan 180°C, 400°F.
- 2 Lay the lamb chops on a baking tray and season with freshly ground black pepper.
- 3 Place in the preheated oven and roast for 20-25 minutes or until cooked, turning the chops over halfway through cooking.
- 4 Meanwhile make the parsnip mash. Put the potatoes and parsnips into a saucepan and cover with water. Cook for approximately 20 minutes, until soft.
- 5 Drain thoroughly and mash with a fork. Season to taste and add 25g butter and milk. Keep warm.
- 6 To make the butter, mix the rosemary, olives and remaining butter together, roll into a log shape in a piece of cling film and refrigerate for 10 minutes.
- 7 To serve, arrange the mash on plates and top each with two chops, the herb butter and some vegetables or beans.

what you need

- 500g John Penny loin chops or 8 cutlets
- Freshly ground black pepper
- 200g potatoes, cut into quarters
- 200g parsnips, cut into quarters
- 125g butter
- 3 tablespoons milk
- few sprigs of rosemary
- 150g black olives, pitted and finely chopped
- Mixed vegetables to serve

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