

# Lamb Chump Steaks with Horseradish Mash and Green Beans



**Preparation time:** 10 mins

**Cooking time:** 25 mins

**Serves:** 4

## how to cook

- 1 Boil the potatoes in water until soft. Drain thoroughly, then mash. Add the butter, then the horseradish and season well. Add enough milk to give the required consistency.
- 2 Heat up the griddle pan or barbeque - you want it really hot!
- 3 Press the steaks down and cook on each side for about 3-5 minutes per side, depending on how thick they are and how you like them done - A good tip is to use your thumb to test:- If the meat is soft and doesn't bounce back: it's rare, springy = medium, not springy = well done.
- 4 Once cooked to however you desire, remove to one side and leave to rest on a rack over a plate covered with foil for about 3-5 mins so that the juices can re-circulate and make the lamb tender and juicy.
- 5 Meanwhile cook the green beans or cabbage.
- 6 To serve, pile the mash onto a serving plate, top with the lamb chump steaks and garnish with the vegetables.

## what you need

- 2 John Penny lamb chump steaks
- 400g potatoes, peeled and cut into even sized pieces
- 25g butter
- 2 tablespoons horseradish sauce
- 2 tablespoons milk
- 200g fine green beans or savoy cabbage

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