

Lamb Steaks with Wild Rocket Pesto



Preparation time: 15 mins

Cooking time: 15 mins

Serves: 4

how to cook

- 1 In a food processor blend the wild rocket, pine kernels & olive oil until you have a rough paste. Transfer to a bowl & stir in the parmesan cheese, adding seasoning to taste.
- 2 Chill until required.
- 3 Brush the lamb steaks with the ground nut oil & griddle or BBQ for 15 minutes or until cooked according to taste.
- 4 Serve with a large spoon of the rocket pesto on top of each lamb steak. Garnish with a few rocket leaves & parmesan shavings.

what you need

- 4 John Penny lamb steaks or cutlets
- 2 pots fresh wild rocket, leaves & stalks (keep a few to one side for garnish)
- 75g pine kernels
- 6 tablespoons extra virgin olive oil
- 50g parmesan cheese, shaved (reserving a little for garnish)
- 1-2 tablespoons ground nut oil
- freshly ground black pepper

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