

# Roman Lamb Fillet with Rosemary and Garlic



**Cooking time:** 30 mins

**Serves:** 4

## how to cook

- 1 Trim any excess fat from the lamb. Make a cut in each end of the fillets with a small knife and insert a sprig of rosemary.
- 2 Heat the olive oil in a heavy-based frying pan, place lamb fillets in the pan and cook for 15 minutes until golden all over.
- 3 Peel, crush the garlic, zest and juice the lemons, and add to the pan with the olives. Toss and cook for a further 5 minutes.
- 4 Remove the lamb from the pan and slice and serve with the juice and olives spooned over.
- 5 The lamb will go well with pasta and green vegetables.

## what you need

- 400g John Penny lamb neck fillets,
- 4 sprigs rosemary
- 1tbsp olive oil
- 2 cloves garlic
- 2 unwaxed lemons
- 100g mixed olives (stone removed)
- sea salt
- freshly ground black pepper

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