



Recipe of the Week

ROAST LAMB WITH PEA & SPRING ONION PUREE

Ingredients

6 sprigs thyme, leaves picked
½ cup olive oil
2 tabs lemon juice
1kg – 1.5kg boned lamb leg, trimmed of excess fat and sinew, cut into 6 pieces
100g fresh peas or defrosted frozen peas
100g spring onions, chopped into 1cm pieces
½ cup mint leaves
½ cup flat leaf parsley
500g snow peas or sugar snap peas, tails and strings removed
½ red onion, thinly sliced
1 teasp Dijon mustard
30ml red wine vinegar
Pea flowers and young leaves to garnish

Method

1. Pre-heat the oven to 180 degrees.
2. Combine the thyme, 4 tabs of the olive oil and the lemon juice and season well with salt and freshly ground black pepper. Rub the lamb pieces all over with the mixture.
3. Heat a large frying pan over high heat and brown the lamb, in batches, on all sides, then transfer to a roasting dish and roast in the oven for 12 – 15 minutes at 190 degrees. Remove from the dish and set aside to rest, covered with foil, while you prepare the rest of the meal.
4. Put a further 1 tab of oil in a saucepan with 50ml water. Heat until boiling, then add the peas and spring onions. Cook for 2 minutes then remove from heat and pour into a blender. Add half the mint and parsley and blend until smooth. Taste and season.
5. Quickly blanch the snow peas or sugar snap peas in boiling water for 30 seconds, then drain and toss together with the onion, mustard, vinegar and remaining oil. Season and add the remaining herbs, tossing to combine.

6. Slice the lamb across the grain and arrange on six plates, then spoon on the pea puree, and the snow pea mixture. Garnish with pea flowers and leaves, then serve.

Recipe courtesy Jo Pearson/Cuisine, 2017 NZ Gardener Garden Diary