



## The Hungry Guest

### KINGS CORONATION LAMB RUMP, NEW POTATOES, GREEN ASPARAGUS, WILD GARLIC PESTO AND WATERCRESS SALAD

SERVINGS: 4

PREP & COOKING TIME: 30 MINS

#### INGREDIENTS

4 x 8oz Trimmed lamb rumps  
400g x Mereworth new season potatoes, washed  
8-10 x Spears of green asparagus, woody ends removed  
50g x Unsalted butter  
50g x Wild garlic  
15g x Grated parmesan  
5g x Toasted pine nuts

50g x Rapeseed oil  
10g x Lemon juice  
1 x bag Mereworth watercress, washed  
1 Bunch of Rosemary  
1 Bunch of Thyme  
1 x Shallot, finely sliced  
Hungry Guest lemon dressing  
Salt and pepper  
Oil for cooking

#### DIRECTIONS

##### For the lamb:

1. In a frying pan heat a small amount of oil and place on a medium heat.
2. Season the lamb well with salt and pepper.
3. Place the lamb fat side down and allow the fat to caramelize and render down.
4. Add thyme and rosemary sprigs and half of the butter.
5. Caramelize all other sides of the lamb and place into a preheated oven at 180 degrees C for approximately 2-3 minutes for a medium rare finish.
6. Remove from the oven and allow to rest for 5-6 minutes.
7. Return to the oven for two minutes prior to serving.

##### For the Jersey royals and asparagus:

1. Place washed potatoes in a pot and cover well with water. Season the water generously with salt.
2. Bring the pan to the boil, then lower to a simmer until the potatoes are tender.
3. Strain the potatoes. Then cut in half.
4. In a frying pan heat half of the butter until foaming.
5. Add potatoes and fry gently until golden brown.
6. Remove from the pan, add a little oil, and fry the asparagus spears until just cooked through.

##### For the wild garlic pesto:

1. Wash the wild garlic well, and then dry.
2. In a blender place wild garlic, grated parmesan, pine nuts, and rapeseed oil.
3. Blend until smooth. Add lemon juice, check seasoning, and add salt if required.

##### For the watercress salad:

1. Mix the watercress in a bowl with the sliced shallot.
2. Dress with lemon dressing and season with salt.