



# The Hungry Guest

## ROASTED LAMB RACK, CELERIAC, FENNEL, ROASTED RED PEPPER DIP AND WATERCRESS SALAD

SERVINGS: 2-3

PREPPING TIME: 20 MINS

COOKING TIME: 30 MINS

### INGREDIENTS

1x Lamb rack, 6 bones

1x Mereworth celeriac

1x Fennel bulb, with fennel tops if possible

5x Mereworth flower sprouts

1x Mereworth watercress

1x Hungry Guest roasted red pepper dip

1x Hungry Guest rosemary and garlic oil

Salt and pepper

### DIRECTIONS

For the lamb:

1. Preheat an oven to 180 degrees C.
2. Heat a pan with a little oil.
3. Season the lamb with salt and pepper and coat with Hungry Guest garlic and rosemary oil.
4. Place fat side down, slowly render the fat and leave until it is a deep golden brown.
5. Turn to the bottom side and caramelize.
6. Roast for 10-12 minutes.
7. Remove from the oven and coat with the Hungry Guest roasted red pepper dip.
8. Turn the oven grill on high and place the lamb under for approximately 2 minutes, until the edges of the dip start to char.
9. Remove and allow to rest for 6 minutes.

For the garnish:

1. Peel and chop the celeriac into large chunky pieces. Cut the flower sprouts in half.
2. Cut the fennel into half.
3. In a pan caramelize the celeriac on all sides and do the same with the fennel.
4. Transfer to the oven and roast for 12 -14 minutes, until tender.
5. In a hot pan, char the flower sprouts and season with salt. Remove when the stem is tender.

For the salad:

1. Wash and dry the watercress and pick down the heavy stalks.
2. Shave a few slices of the fresh fennel and add to the watercress, and any fennel tops can go into the salad too.
3. Dress with the rosemary and garlic oil and season with salt.
4. Serve immediately.

Carve the lamb racks into cutlets and finish the dish with dollops of the red pepper dip.