



### INGREDIENTS

#### For the lamb rump:

- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1 tsp black peppercorns
- 1 tsp juniper berries
- Zest of 1/2 an orange
- Zest of 1/2 a lemon
- 2 sprigs rosemary, finely chopped
- 6 cloves garlic, grated
- Drizzle of oil
- 2 x 150-180g lamb rumps, score the flesh

#### For the hasselback potatoes:

- 250g new potatoes
- Drizzle of oil
- 25g butter
- Salt & pepper

#### For the carrot purée:

- 30g butter
- 1 star anise
- 2 carrots (grated) 250g
- 1/2 chicken stock cube
- 100ml boiling water
- 1-2 tbsps double cream

#### For the salsa verde:

- 6 sprigs parsley
- 6 sprigs mint
- 6 sprigs basil
- 3g capers
- 2 anchovy fillets
- 1/2 tsp Dijon mustard
- 1/4 tsp red wine vinegar
- Juice of 1/2 lemon
- Drizzle of olive oil

### METHOD

#### For the marinated lamb rump:

1. Place all the spices into a frying pan on a medium heat. Dry fry until they begin to smell aromatic. Place into a pestle and mortar and grind well.
2. Place ground spices into a bowl along with the rest of the ingredients. Add a drizzle of oil, mixing well until you form a paste. Rub the marinade over the flesh of the lamb rumps, avoiding the skin and marinate for 6 hours, preferably overnight.

#### To cook the lamb:

1. Preheat the oven to 180°C (fan assisted).
2. Remove the lamb from the fridge and leave to reach room temperature.
3. Heat a frying pan on a high heat with a drizzle of oil, place the lamb skin side down and cook until the lamb is golden brown. Turn the lamb over and sear all other sides.
4. Turn the lamb rump back over to skin side and place in the oven for 7-9 minutes. Remove from the oven and leave to rest for 5 minutes before serving.

#### For the hasselback potatoes:

1. Preheat the oven to 180°C (fan assisted).
2. Use a very sharp knife to make cuts two-thirds deep into the potatoes at 1/2 cm intervals.
3. Place a good drizzle of oil and the butter into a frying pan and add the potatoes and season generously with salt and pepper.
4. Place the potatoes in the oven for 30-40 minutes, turning throughout cooking until the potatoes are golden and crisp on the outside and tender on the inside.

#### For the carrot purée:

1. In a small sauce pan on a low heat melt the butter with a star anise, once melted add the carrot.
2. Cook the carrot for 4-5 minutes until soft. Meanwhile in a measuring jug dissolve half the chicken stock cube in 100ml of boiling water and add to the carrots.
3. Turn the heat down and place a lid on the pan and cook for 4-5 minutes. Strain the carrots through a sieve keeping the remaining stock.
4. Remove the star anise and place the carrot into a blending pot and blitz, adding a little of the stock to achieve a smooth consistency. Finally add the cream and season to taste. Keep warm until required.

#### For the salsa verde:

1. Pick all the herb leaves away from the stalks and place into a blender. Discard the stalks.
2. Add the rest of the ingredients and blitz well until a paste has been formed, adding drizzles of oil until the mixture begins to come together, season to taste.
3. To serve, spoon some of the carrot purée on a plate, slice the lamb into two pieces and place on top of the carrot. Dot the salsa around the lamb and serve with hasselback potatoes.