

## *Lamb Rump*

*with broad beans, mushrooms,  
baby roast potatoes, balsamic  
vinegar & a white wine sauce*

### *Ingredients:*

Lamb Rump (size to suit)  
100g Broad Beans  
½ Finely chopped Onion  
x1 Finely chopped Garlic Clove  
100g Chestnut Mushrooms  
100ml White Wine  
50ml Balsamic Vinegar  
New Potatoes (quantity as required)  
Olive Oil  
Garlic  
Rosemary



### *Method:*

- Pan fry the lamb until golden on all sides.
- Blanch the broad beans in boiling water, refresh and remove from their pods.
- Roast the potatoes in garlic, rosemary and olive oil. Place in the oven for approximately 25 minutes.
- Place the lamb in the oven for 12 minutes at 180°C.
- Sautee the onions, garlic and mushrooms until cooked. Add the broad beans.
- Take the lamb out of the oven and rest on a plate for a few minutes.
- Add the balsamic and wine to the lamb juices in the pan and reduce by 2/3's.
- Serve as picture suggests.

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