

# Roasted Lamb Rumps with Peas and Goats Cheese

Serves 4 as a main (16 as a taster)

## INGREDIENTS

- 4 lamb rumps, whole, room temperature
- 2 zucchini
- 300g frozen peas, thawed
- ¼ bunch of parsley, chopped
- ¼ bunch of mint, chopped
- 4 shallots, finely sliced
- 400g of goats curd

## DRESSING

- 60ml of olive oil
- 1 clove of garlic, finely sliced
- 1 lemon, juice and zest
- 1 sprig of rosemary, finely chopped

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## METHOD

1. Preheat oven to 200C
2. Place a large fry pan over a medium-high heat. Season lamb rumps with olive oil, salt and pepper, then add a little bit of oil to the pan and fry the rumps, browning them all over, cooking for 2-3 minutes on each side. To finish cooking them, remove the rumps from the pan, and place them on a baking tray, then pop the tray in the oven and cook for 10 minutes for medium rare.
3. Remove the tray from the oven and allow the lamb rumps to rest. Combine the peas, zucchini, herbs and shallots in a mixing bowl.
4. Combine the ingredients for the dressing and spoon it over the pea mix, reserving for later.
5. Slice the cooked rumps across the grain, spoon some goat's cheese onto each serving dish, then top with the sliced lamb and pea mix. Spoon over the remaining dressing and eat!