



## Ingredients

Serves 4

- 2 loins of lamb, weighing 600g in total
- salt and pepper
- 2 tbsp vegetable oil
- 2 rashers of smoked streaky bacon, diced
- 1 onion, peeled and diced
- 500g lamb stock
- 100g peas, cooked
- 50g butter
- 1 Gem lettuce, shredded
- sprig of mint

## Bryn's Kitchen

### *Roast Loin of Lamb, Peas, Lettuce & Bacon*

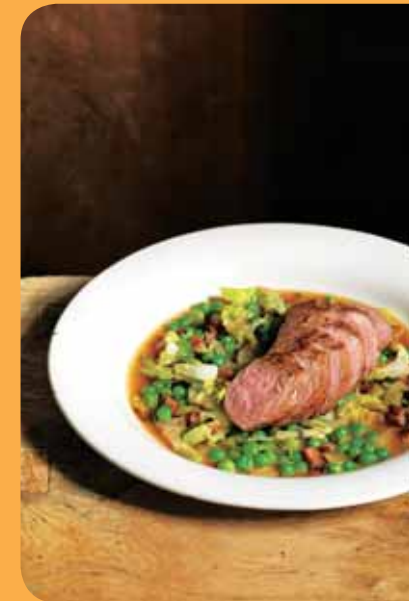
A tender loin of lamb with a classic combination of peas, lettuce and bacon makes a perfect spring supper.

Preheat the oven to 160°C/325°F/gas mark 3.

Season the lamb well with salt and pepper. Place a heavy-based frying pan with a metal handle over a medium heat. When it is hot, add 1 tablespoon of the vegetable oil. Put the lamb into the pan and colour it all over, turning it so that all the sides brown evenly. Don't rush this – the dish will have much more flavour and colour if you take your time. Place the lamb in the oven for 8–10 minutes. Remove the lamb from the oven, take it out of the frying pan and set aside to rest for 10–15 minutes.

In another frying pan over a medium heat, add the remaining vegetable oil and cook the bacon until crisp and golden. Add the onion and cook for a further 2 minutes. Cover the bacon and onion with lamb stock and bring to the boil. Add the peas, the butter, the lettuce and the mint, and season with salt and pepper to taste, then immediately remove from the heat.

To serve, slice the lamb, pour the pea and bacon mixture into a large bowl or individual serving dishes, and arrange the lamb slices on top.



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