

## *Oriental Roast Lamb Fillet with Broccoli*

*serves 4*

### INGREDIENTS

700g tender fillet of lamb  
(saddle of lamb)  
1 clove of garlic  
1 thumb-sized piece of ginger  
2 tbsp olive oil  
2 **shallots**  
400g fresh broccoli  
100g prunes  
4 yellow plums  
1 tbsp curry powder  
250ml **coconut milk**  
Bunch of fresh coriander  
Sea salt and freshly ground  
pepper

Equipment:  
Parchment paper  
Kitchen twine

### **ALLERGENS HIGHLIGHTED IN BOLD**



### PREPARATION

Preheat the oven to 170 °C CircoTherm®.

Cut the lamb fillet into 2cm wide slices. Trim off any connective tissue. Peel and chop the garlic and ginger. Mix with the olive oil, salt and pepper to create a marinade. Pour over the meat and set aside. To increase the succulent flavour of the meat, do this step the day before and let the lamb marinade in the fridge overnight.

P.T.O

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Now, cut the shallots into wedges and sauté in a hot pan. In the same pan, fry the lamb fillet slices on high heat for 5 minutes until seared all over. Set aside.

Prepare the remainder of the filling. Cut the broccoli into small florets. Halve the prunes, mix the vegetables, plums, curry powder and coconut milk into the lamb.

Cut out four 30 x 30 cm squares from the parchment paper, divide the seared lamb and vegetables evenly between them, placing the mix into the centre of each sheet. Fold up the paper on all sides into the centre to form a parcel. Tie them with kitchen twine to hold the shape.

Now place the parchment parcels on a baking sheet and cook for 30 minutes until the meat is cooked through and tender.

Once the parcels have finished cooking, wash the herbs, shake them dry and chop coarsely. Open before serving and scatter the herbs over top of the lamb and vegetables. This recipe is great served with fragrant rice.