



Parsley-and-mustard-flavoured lamb loin and spinach salad

This dish is an excellent tasty dish to conjure up when you have a little more time on your hands. By making extra, it makes for a delicious lunch or dinner the following day. Just be sure not to combine the lamb and salad until you are ready to eat it to avoid soggy spinach leaves!

Ingredients

- 1 clove garlic, crushed
- 2 TBS Dijon mustard
- 1 bunch parsley, finely chopped
- 2 x 110g pieces trimmed lamb loin
- Sea salt and black pepper
- 1 bag baby spinach
- 2 TBS olive oil
- 1 TBS lemon juice
- 50g black Mediterranean olives



Serves 2

Method



1. Heat the oven to 220C/gas mark 7
2. Make a paste using the garlic, mustard and parsley
3. Generously cover the lamb with the paste and season with salt and pepper. Allow to sit for half an hour on a baking tray so the meat absorbs the flavour
4. Place the lamb in the oven, uncovered, for about 15 minutes
5. Turn the meat and cook for another 5 minutes
6. Then remove from the oven, and using a sharp knife, slice into 3mm strips
7. Prepare the salad: in a bowl, toss the spinach with the olive oil and lemon juice. Place the salad on 2 plates and add the olives
8. Arrange the lamb slices over the spinach and serve

The Grange
Welford Road
Long Marston
Stratford upon Avon
Warwickshire
CV37 8RH

07778 218009