



Fillet of lamb with sorrel sauce

Fillet of lamb with sorrel sauce is easy and delicious. Serve this for a main meal at the weekend with some green vegetables and sweet potato, or if it's a nice day enjoy this outside in the sunshine with a seasonal salad.

Ingredients

For the sauce:

- 2 TBS dry vermouth
- 200ml chicken stock
- 250ml Greek yogurt
- 80g sorrel, stalks trimmed
- Salt and freshly ground black pepper

For the lamb:

- 3 x 300g fillets of lamb, trimmed
- Salt and freshly ground black pepper
- 3 TBS olive oil
- 150g fine French green beans, topped
- 30g butter
- 400g tinned flageolet beans
- 500g cherry tomatoes, quartered



Serves 2

Method



To make the sauce:

1. Put the vermouth in a small pan and boil until reduced to half a tablespoon
2. Add the stock and bring it to the boil, until it has reduced to about 4 tablespoons
3. Pour in the yogurt and reduce again until the liquid just coats the back of a spoon
4. Shred the sorrel leaves and add them to the sauce. Season, and allow the leaves to cook for about 30 seconds. Check the seasoning again and set aside (don't overcook the sauce once the sorrel has been added, otherwise it will lose its colour)

To prepare the lamb:

1. Preheat oven to 200C / gas mark 6.
2. Sprinkle the lamb with pepper and heat the oil in a saute pan
3. On a high heat, brown the fillets all over, then transfer them to a roasting tin. Season with salt and cook in an oven for 10 minutes
4. Remove, cover and keep warm for 10 minutes before serving

To finish:

1. Cook the French beans until they're just beginning to soften, then rinse them in cold water - this will keep their colour
2. Melt the butter in a saute pan and add the flageolet beans and the tomatoes. Cook, gently stirring from time to time, until the tomatoes soften slightly and the beans are heated through
3. Add the French beans to reheat
4. Quickly reheat the sauce and cut the lamb into thick slices
5. Serve on a bed of vegetables with sorrel sauce spooned over the top

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