

Grilled Lamb with Roast Fennel & Grape Relish



Serves 2 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

2 fennel bulbs
2 tbsp rapeseed or olive oil
2 tbsp cider vinegar
1 tsp light brown sugar
50g red grapes, halved
4 lamb chops

1. Heat the oven to 200C/fan 180C/gas 6. Remove the tougher outer parts of the fennel (but don't throw them away, use to make stock) and thinly slice the remaining bulbs. Heat the oil in a baking tray in the oven, and then pop the fennel into it. Season and roast for 15 minutes.
2. Mix the vinegar, sugar and a pinch of salt and taste it. It should be sweet and sour. Adjust the flavour to your taste. Put the grapes in along with the chilli and leave them to pickle lightly.
3. Heat a frying pan to medium high. Season the lamb chops well with sea salt. Then, using tongs, put the lamb chops fat-side down. You want the fat to render and start colouring and crisping up. Do this in batches. Then brown the chops for 1-2 minutes on each side, to get some colour. Now put them on top of the roasting fennel. Cook it all together for another 7-10 minutes, depending on how well done you like your chops. Just before serving, stir the mint through the grapes and serve alongside the fennel and lamb.