

# Tomato-flavoured Roasted Lamb with Carrot Mash



**Serves 4 Prep 10 mins**

**Cooking 35 mins**

**Easy**

## **Ingredients**

1 tbsp sun-dried tomato puree  
2 French trimmed lamb racks  
2 tbsp olive oil  
6 large carrots, roughly chopped  
1 tbsp honey  
1 tbsp lemon juice  
1 tsp cumin seeds  
2 tbsp chopped parsley  
250ml meat stock  
steamed green beans to serve

1. Put the lamb in a dish and brush with the tomato puree. Set aside for 10 mins.
2. Preheat the oven to 220C/ 200C Fan/Gas 7. Heat the oil in an ovenproof frying pan, add the lamb and cook until brown all over. Transfer to the oven and roast for approximately 15 mins, depending on how well done you like your lamb. Set aside in a warm place to rest, but keep hold of the pan with the lamb juices.
3. Meanwhile, put the carrots in a pan of salted water, bring to the boil, then simmer until tender. Drain and mash well. Add the honey, lemon juice, parsley, cumin seeds, and season, then beat until smooth. Cover and set aside in a warm place.
4. Return the pan with the lamb juices to a medium heat, add the stock, and bring to the boil, stirring, until the sauce is reduced by half. Divide the mash between the plates, add 3 cutlets to each plate and drizzle with the sauce. Serve with steamed green beans.