

## New Zealand Lamb Cutlets with Parsnip Puree

### Ingredients

- 500g (2-3 large) parsnips, peeled
- 25g butter
- 2 cloves garlic, peeled and halved
- 1 leek, 10cm, chopped small
- ½ tsp salt
- 1 cup water
- ¼ cup cream
- New Zealand rack of lamb
- 4 servings baby carrots
- 4 servings beans
- 4 servings fresh parsley, sprigs to garnish

### Method

1. Cut parsnips in quarters lengthwise, then remove core. Cut parsnips in small chunks.
2. Melt butter in a saucepan. Add parsnip, leek and garlic season with salt. Cook gently, stirring, for a few minutes.
3. Add water and bring to a low simmer. Cover and cook gently for 15 minutes or until very tender. Strain, reserving vegetables and liquid separately.
4. Puree vegetables with cream, adding cooking liquid as required to make a soft puree. Adjust salt to taste. Return puree to pan to reheat for serving.
5. Meanwhile season lamb rack with rosemary (optional) pan-fry and finish in the oven until medium rare.
6. Spread a generous spoonful of parsnip puree on each plate. Arrange carrot slices and beans on puree with a scattering of tiny leaves and parsley. For servings make into cutlets as per photo or leave as a whole lamb rack.



**So sweet. So fresh. So tasty!**

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