Robert’s Lamb

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2 Persons

2 Lamb Loins
1 Box Mushrooms, halved
150ml Light Cream
50g Butter
Bunch of Parsley (Optional)
2 tbsp Olive Oil
Salt and Pepper

Foil

Instructions

We hardly ever eat red meat, but once in a while, like twice a year, we have a strong cravings for meat.

I have no idea how to cook red meat as I almost never eat it, so this is made by Robert. And this really was made to perfection. I hope you will try this one.

First, in a large pan, melt the butter and add mushroom and sautee them. Once they are soft, put them to one side, and raise the heat to maximum.

Put the meat on a pan and coat every side first. Turn the heat down to medium, and cook about 2-3 minutes each, depending on the size of your loin.

Once that is done, put the loins on a foil and wrap them and rest for 5 minutes.

Add cream to the mushroom. Season it with salt and pepper and parsley if you like.

Plate the meat and mushroom.