



# PAN-FRIED

## LAMB FILLETS



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LEVEL OF DIFFICULTY: Easy

COOKING TIME: Under 30 minutes

SERVES: 2 as a side dish

## FOR THIS RECIPE, WE RECOMMEND:

28cm Cast Iron Signature Frying Pan  
Santoku Knife



## INGREDIENTS

2-3 lamb fillets (60g each)  
1 clove of garlic  
2 sprigs of rosemary  
1 **tablespoon** olive oil  
Chilli (optional)  
Salt flakes or coarse sea salt  
Freshly ground black pepper



## METHOD

Remove the thin silver skin from the lamb fillets.  
Crush the garlic clove with the back of a knife.

Heat the olive oil in a pan. Sear the lamb fillets with garlic and rosemary sprigs over high heat for two minutes. Season with salt flakes and pepper, allow to rest briefly and serve.

## TIP

You can also add a teaspoon of butter and melt it before letting the meat rest. Toss the lamb fillets in the butter, then leave to rest in the butter.