

# Lamb neck fillet with beans

Prepare — 20 minutes

Cook — 1 hour

Serves — 2

## Ingredients

2 lamb neck fillets	2 tbsp olive oil
2 cloves garlic, peeled and halved	60ml oloroso sherry
200g cannellini or butter beans	60ml chicken stock
200g chopped tomatoes	1 Tbs sherry vinegar
2 shallots, peeled and halved	10g parsley, leaves roughly chopped
1 tsp smoked paprika	

## Method

- In a jug, combine the paprika and olive oil, then brush some over the lamb fillets. Season, cover and set aside until needed.
- Preheat the oven to 200°C (180°C fan). Rinse and drain the butter beans, then scatter into a large roasting tin. Nestle the garlic (halved lengthwise into “almonds”) and shallots amongst the beans, and pour on the tomato polpa.
- Stir the sherry and chicken stock into the jug with the remaining paprika oil and pour over the vegetables. Transfer to the oven and cook for 40 minutes.
- After 30 minutes, heat a large frying pan over a high heat and brown the lamb evenly on all sides, about 5 minutes. Remove from the heat.
- Remove the roasting tin from the oven and gently stir in the parsley and garlic. Taste, adjusting the seasoning, and pour in any pan juices. Roast for 10-12 minutes more, depending on how you like your lamb. Allow the lamb to rest for 5 minutes (keep the vegetables hot in the turned-off oven), then thickly slice the meat and serve on top of the vegetables with any resting juices.
- Serve immediately