

maimoa
BY ANZCO
FOODS

ANZCO PREMIUM LAMB
*aged
tenderness*
HANDPICKED IN NEW ZEALAND



*Lamb Loin with
Butterbean & Tomato Salad*

Serves 4
Prep 30 minutes
Cooking 15 minutes

INGREDIENTS

2 Maimoa Boneless Short Loins	1x 400g can Butterbeans, rinsed and drained
1 rosemary sprig, leaves picked	1 small red onion, thinly sliced
Finely grated zest and juice of 1 lemon	1 punnet heirloom cherry tomatoes, quartered
4 garlic cloves, thinly sliced	2/3 cup (160ml) thick Greek-style yoghurt
1 bunch basil, leaves picked	
1/3 cup (80ml) extra virgin olive oil	
2 tsp sherry vinegar	

METHOD

Drizzle lamb with 1 tbsp oil, and season with salt and cracked pepper.

Stand to for at least 10 minutes - this allows the meat a chance to come to room temperature. 30 minutes is ideal if you have time.

Heat a frypan over high heat. Add lamb and scatter with rosemary sprigs. Cook, for 3-4 minutes or until the cooking comes up 1 cm on the side of the loin. Turn and continue to cook, using extra rosemary to brush with oil, for 2-3 minutes or until medium rare. You can tell this by pushing with a finger - it should have the resistance of an over-ripe avocado. Remove lamb and transfer to a plate. Finely grate over zest and stand to rest.

Return uncleaned pan to medium heat, add beans and onion, and toss to warm through. Add lemon juice and toss to coat then transfer to a bowl to pickle slightly.

Return pan to heat once more with remaining oil. Add sliced garlic and cook, stirring for 2 minutes or until golden and crisp. Carefully add half the basil leaves, they make a loud popping noise and can spit, and cook for 1-2 minutes or until crisp. Transfer to a heat-proof bowl and stir through vinegar.

To serve, spoon yoghurt onto plate. Arrange beans, tomatoes and remaining fresh basil leaves and sliced lamb. Spoon over crisp garlic basil oil and serve.