

Lamb Medallions with Sweet Potato PurØe & SautØed Spinach

Lamb Medallions with Sweet Potato PurØe - Elegant, Simple & Delicious



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30 min

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INGREDIENTS

For the Lamb:

200g (7 oz) lamb medallions

2 tbsp unsalted butter

Salt and pepper, to taste

For the Sweet Potato PurØe:

2 medium sweet potatoes, peeled, boiled, and mashed

1 tbsp butter

For the Spinach:

1 cup fresh spinach

1 tsp olive oil or butter

Pinch of salt

For Garnish:

Carrot crisps or store-bought vegetable chips

Fresh herbs (optional, like parsley or thyme)

DIRECTIONS

1. Prepare the Sweet Potato PurØe: Boil sweet potatoes in salted water until fork-tender (about 10-12 minutes). Drain and mash with 1 tbsp butter, salt, and pepper until smooth. Set aside and keep warm.
2. Sear the Lamb Medallions: Pat lamb dry and season both sides with salt and pepper. In a skillet over medium-high heat, melt 2 tbsp butter. Sear lamb medallions for about 2-3 minutes per side, or until golden brown and cooked to your liking. Let rest for a few minutes after searing.
3. SautØ the Spinach: In the same skillet (or a new pan), add a drizzle of olive oil. Add fresh spinach and sautØ for 1-2 minutes until just wilted. Season lightly with a pinch of salt.
4. Assemble the Plate: On each plate, spread a spoonful of sweet potato purØe as the base. Top with sautØed spinach. Place lamb medallions on top. Garnish with carrot crisps for crunch and visual appeal.

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