

Lamb Chops & Celeriac Roasties

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">Lamb chops	<ul style="list-style-type: none">CeleriacFlat leaf parsley (optional)	<ul style="list-style-type: none">1 tsp ground cumin1 tsp ground coriander1 tsp cayenne pepper2 tbsp olive oilSalt & pepper

Method:

1. Peel, cut and par boil the celeriac in salted water. After about 8-10 mins, drain and allow to steam until dry. Place on a baking tray. In a small bowl mix the roastie spices with the olive oil and pour over the celeriac pieces. Bake in the oven for 10 mins, 180 fan.
2. Meanwhile, mix the ground coriander, cumin & some salt together, and dry rub the chops with it.
3. After 10 mins remove the celeriac and 'nestle in' the lamb. Bake for 15-20 mins or until the lamb is cooked to your liking. I like mine cooked through and the fat rendered, this takes a good 20-25 mins in my oven.
4. When the celeriac is softened and the lamb's cooked, it's time to plate up! Sprinkle over some fresh parsley - if you have it!

Notes & tips

60-65 degrees this is the temperature at which lamb is cooked medium. Insert a food thermometer into the thickest part of the meat. If it's between 60-65 degrees, it can come off the heat and be left to rest

Ground spices the ones listed are a great combination, but if you don't like or don't have one of them, don't worry. If you like things on the fiery side you may want to add extra cayenne pepper or chilli flakes - or leave it out altogether. You really can make this your own!

celeriac is the root of the celery plant and makes a great alternative to roast potatoes and fits in with a low-carb diet. If you've not eaten or cooked with these before it's really worth trying