

Best-End of Lamb, 'Provencale Herbs'

What you need

1 loin or best end of lamb, on the bone with fat removed
1 egg white, lightly whisked
Sea salt and freshly milled pepper.

For the Provencale Herbs

What you need

1 clove garlic
Sprig of thyme
Sprig of Rosemary
Small bunch (approx 30g) parsley
2 slices of dried white bread
A good measure of olive oil

What you do

1. Place all the ingredients into a food processor except the olive oil.
2. Chop to a fine green crumb then slowly add the olive oil.
3. Season the lamb with sea salt and freshly milled pepper, dip in the egg white and roll in the herb crumbs and press firmly.
4. Gently roast on a lightly greased tray about 150-160C degrees/gas mark 3-4 for 10 minutes until pink