

Roast Lamb Rump with Tomato, Red Onion & Oregano



Ingredients & Method

Serves: 4

Preparation time: 6 minutes

Cooking time: 20 minutes

You will need:

4 lamb rumps (about 160g-180g each)

¼ cup red wine

2 tbsp olive oil

4 medium tomatoes, cut into chunks

1 small red onion, finely diced

⅓ cup fresh oregano leaves

2 tbsp extra virgin olive oil

1 tsp balsamic vinegar

½ cup black olive tapenade

Step 1

Preheat the oven to 220°C. Put the lamb into a bowl with the red wine and olive oil. Season with salt and pepper and toss to combine.

Step 2

Place the lamb rumps on a rack in a roasting dish. Roast for 15 minutes for rare, 20 minutes for medium, or 25-30 minutes for well done.

Step 3

Remove lamb, cover loosely and allow it to rest for 10 minutes before serving. While the lamb rests, combine the tomatoes, red onion, oregano, oil and vinegar to make a salad. Serve the lamb sliced with the salad and a spoonful of tapenade.

Tips

Gently squeeze the lamb with tongs to see if it's done. Rare lamb feels very soft, medium is springy but soft and well done is very firm.

Judging your roast's degree of doneness using a meat thermometer. The internal temperature for: Rare – 55-60°C, Medium rare – 60-65°C, Medium – 65-70°C, Medium well – 70-75°C, Well done – 75°C.

Lamb rump is one of the muscles from the lamb leg. Depending on the size of leg it comes from lamb rumps can weigh from about 160g to 250g each. You may need to pre-order them from your butcher. They're quick to cook and very flavoursome.

You can replace the lamb rump with lamb eye of shortloin/backstrap or lamb round. Cook at the same temperature and time as lamb rump.

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