**LAMB PENCIL FILLETS WITH CELERY AND FETA**

**Serves 4**

**INGREDIENTS**

8 pieces lamb pencil fillets

2tsp fennel seeds

½ tsp black peppercorns

2 cloves garlic

1tsp dried thyme

1tsp sea salt

8 sticks celery

2tbsp olive oil

2 finely chopped shallots

1 green chilli

1tbsp white wine vinegar

2tbsp chopped parsley

4oz diced feta cheese

2oz butter

Squeeze lemon juice

1tbsp chopped parsley

METHOD

1. Gently heat the fennel seeds and peppercorns in a frying pan over a low heat
2. As soon as they start to colour pour into a pestle and mortar
3. Start to grind finely then add thyme and grated garlic with sea salt and grind this finely
4. Rub the fillets well
5. Put oil into pan and heat, add lamb and put into oven 200 c and cook for 3-4 minutes, take out and leave to rest
6. Meanwhile heat olive oil in pan, then add chopped shallots and chopped chilli, sweat, do not colour
7. Shred the celery and add to shallots, sweat for 6 minutes
8. Add vinegar, season and cook out
9. Take off heat and add parsley and feta and stir in
10. Serve with browned butter, lemon juice and parsley over the top