

# UCOOK

## Lamb & Mint Salsa Verde

with a baby potato, pea & feta salad

Tender lamb rump slices are doused in a delicious homemade salsa verde, made with capers, mint, parsley and mustard. It is served alongside a baby potato & green pea salad for some great texture and subtle sweetness. Trust us, just try it!

---

**Hands-On Time:** 20 minutes


**Overall Time:** 35 minutes

**Serves:** 2 People

**Chef:** Aisling Kenny

---

 Fan Faves

 Boschendal | Stellenbosch Cabernet Sauvignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

400g	Baby Potatoes <i>rinsed &amp; cut in half</i>
20g	Capers <i>drained &amp; finely chopped</i>
8g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
8g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
20ml	Red Wine Vinegar
15ml	Dijon Mustard
320g	Free-range Lamb Rump
1	Garlic Clove <i>peeled &amp; grated</i>
100g	Peas
50g	Gherkins <i>drained &amp; roughly chopped</i>
80g	Danish-style Feta <i>drained &amp; crumbled</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Paper Towel  
Butter  
Blender (optional)

**1. BUTTERY POTATOES** Place the halved baby potatoes in a pot of salted water over a high heat and pop on the lid. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until easily pierced with a fork. Drain on completion and return to the pot. Add a knob of butter and seasoning. Replace the lid and shake the pot until the butter is melted. Cover to keep warm.

**2. MINT SALSA VERDE** In a small bowl, combine the chopped capers, the chopped mint, ½ the chopped parsley, the vinegar (to taste), the mustard, a drizzle of oil, and seasoning. Alternatively, place all the ingredients in a blender and pulse until combined.

**3. LOVELY LAMB** Place a pan over a medium-high heat with a drizzle of oil. Pat the lamb rump dry with paper towel and season. When the pan is hot, sear the lamb fat-side down for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the lamb). During the final 1-2 minutes, baste with a knob of butter and the grated garlic. On completion, place the lamb in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

**4. PEAS PLEASE** Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a bowl. Add the buttery potatoes, the chopped gherkins, the crumbled feta, the remaining parsley, and seasoning.

**5. LET'S SALSA!** Plate up the tender lamb slices topped with the mint salsa verde. Side with the potato and pea salad. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	621kJ
Energy	149Kcal
Protein	8.3g
Carbs	9g
of which sugars	1.7g
Fibre	1.4g
Fat	8.8g
of which saturated	3.9g
Sodium	206mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days