



UCOOK

Lamb & Mint Salsa Verde

with a baby potato, pea & Danish-style feta salad

Savour the allure of tender lamb leg chops topped with a zingy mint salsa verde. Paired with a delightful baby potato, pea & Danish-style feta salad — a harmonious fusion of flavours that will transport you to a Mediterranean oasis.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Vergelegen | Reserve Merlot

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Ingredients & Prep

200g	Baby Potato <i>rinsed & cut in half</i>
10g	Capers <i>drained & finely chopped</i>
4g	Fresh Mint <i>rinsed, picked & finely chopped</i>
3g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
10ml	Red Wine Vinegar
5ml	Dijon Mustard
175g	Free-range Lamb Leg Chops
1	Garlic Clove <i>peeled & grated</i>
40g	Peas
25g	Gherkins <i>drained & roughly chopped</i>
30g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. BUTTERY POTATOES Place the halved baby potatoes in a pot (with a lid) of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain 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 and set aside.

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 (optional) and pulse until combined.

3. LOVELY LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the grated garlic. Remove from the pan, season, and rest for 5 minutes.

4. PEAS PLEASE Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside in a salad bowl. Add the buttery potatoes, the chopped gherkins, the crumbled feta, the remaining parsley, and seasoning. Toss to combine.

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

Nutritional Information

Per 100g

Energy	693kJ
Energy	166kcal
Protein	7.9g
Carbs	9g
of which sugars	1.6g
Fibre	1.3g
Fat	10.9g
of which saturated	4.9g
Sodium	188mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days