



# UCCOOK

## 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Vergelegen | Reserve Merlot

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## Ingredients & Prep

800g	Baby Potato <i>rinsed &amp; cut in half</i>
40g	Capers <i>drained &amp; finely chopped</i>
15g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
10g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
40ml	Red Wine Vinegar
20ml	Dijon Mustard
700g	Free-range Lamb Leg Chops
2	Garlic Cloves <i>peeled &amp; grated</i>
160g	Peas
100g	Gherkins <i>drained &amp; roughly chopped</i>
120g	Danish-style Feta <i>drained &amp; 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, 20-25 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 chops 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