



UCCOOK

Lamb & Mint Salsa Verde

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

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	714kJ	3735kJ
Energy	171kcal	893kcal
Protein	8.1g	42.1g
Carbs	9g	45g
of which sugars	1.7g	8.6g
Fibre	1.2g	6.5g
Fat	11.2g	58.6g
of which saturated	5.1g	26.5g
Sodium	192mg	1003mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potato <i>rinse & cut in half</i>
10g	20g	Capers <i>drain & finely chop</i>
4g	8g	Fresh Mint <i>rinse, pick & finely chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
10ml	20ml	Red Wine Vinegar
5ml	10ml	Dijon Mustard
175g	350g	Free-range Lamb Leg Chops
1	1	Garlic Clove <i>peel & grate</i>
40g	80g	Peas
25g	50g	Gherkins <i>drain & roughly chop</i>
40g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. BUTTERY POTATOES Place the 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 capers, the mint, ½ the 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 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 gherkins, the 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!