

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: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Fan Faves

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & cut in half</i>
10g	Capers <i>drained & finely chopped</i>
4g	Fresh Mint <i>rinsed, picked & finely chopped</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
10ml	Red Wine Vinegar
7,5ml	Dijon Mustard
160g	Free-range Lamb Rump
1	Garlic Clove <i>peeled & grated</i>
50g	Peas
25g	Gherkins <i>drained & roughly chopped</i>
40g	Danish-style Feta <i>drained & 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