

QCOOK

Lyonnais Potatoes & Lamb Rump

with a carrot ribbon salad & Italian-style hard cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	474kJ	3537kJ
Energy	113kcal	846kcal
Protein	5.7g	42.8g
Carbs	9.9g	74.1g
of which sugars	3.1g	23.2g
Fibre	1.5g	11g
Fat	5.7g	42.5g
of which saturated	2.2g	16.2g
Sodium	82mg	615mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & cut into 1cm thick rounds</i>
20ml	40ml	Dijon Dressing <i>(15ml [30ml] Red Wine Vinegar & 5ml [10ml] Dijon Mustard)</i>
120g	240g	Carrot <i>rinse, trim & peel into ribbons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	40g	Italian-style Hard Cheese <i>peel into ribbons</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
160g	320g	Free-range Lamb Rump
5ml	10ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

- 1. BOIL THE TATOES** Place the potato into a pot of salted water. Bring to a boil and simmer until soft, 4-5 minutes. Drain and set aside.
- 2. DRESS THE SALAD** In a small bowl, combine the dijon dressing, a drizzle of olive oil, and seasoning. Toss through the carrot, the sun-dried tomatoes, the parsley, and the ½ the hard cheese. Set aside.
- 3. FRY THE SPUDS** When the potatoes are cooked, place a pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry ½ the boiled potatoes and the onion until starting to brown and char, 4-5 minutes (shifting occasionally). Add the remaining potato, another drizzle of oil, and another knob of butter. Lower the heat slightly and fry until the onion is golden and the potato is starting to crisp, 5-10 minutes (shifting occasionally).
- 4. SEAR THE LAMB** Place a clean pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb, fat-side down, until crispy, 3-5 minutes. Flip the lamb onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.
- 5. GRAB THE PLATES** Plate up the tender lamb slices and side with the lyonnaise potatoes. Place the mustard-dressed salad alongside and garnish with the remaining cheese. Delish, Chef!