QCOOK

Inverroche's Lamb Chop & French Potato Salad

with cucumber ribbons, capers & Dijon mustard

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Inverroche Distillery

Wine Pairing: Inverroche | Verdant Gin

Nutritional Info	Per 100g	Per Portion
Energy	568kJ	3087kJ
Energy	136kcal	738kcal
Protein	6.2g	33.4g
Carbs	7g	41g
of which sugars	1.2g	6.5g
Fibre	0.9g	4.9g
Fat	8.7g	47.3g
of which saturated	3.6g	19.6g
Sodium	117mg	634mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes *rinse & halve*
15g	30g	Capers *drain & roughly chop*
20ml	40ml	Vinaigrette *(5ml [10ml] Dijon Mustard & 15ml [30ml] White Wine Vinegar)*
1	1	Garlic Clove *peel & grate*
3g	5g	Fresh Parsley *rinse, pick & roughly chop*
175g	350g	Free-range Lamb Leg Chop
100g	200g	Cucumber *rinse & peel into ribbons*
20g	40g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

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

1. BOILED & DRESSED Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover. In a salad bowl, combine the capers, the vinaigrette, the garlic (to taste), ½ the parsley, a drizzle of olive oil, and seasoning.

2. CHOP CHOP When the potatoes have 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the lamb chop dry with paper towel and season. When hot, sear the chop until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a generous knob of butter. Remove from the pan, reserving the pan juices, and rest for 5 minutes. Lightly season.

3. FINAL TOUCHES When the potatoes are done, add to the bowl with the dressing. Add the cucumber and the salad leaves. Toss until combined.

4. YUMMY! Plate up the loaded baby potato salad. Side with the lamb and drizzle over the reserved pan juices. Sprinkle over the remaining parsley. Time to dine, Chef!