



UCCOOK

Luscious Lamb & Lyonnaise Potatoes

with a minty yoghurt dip & a fresh pea, pickled pepper and almond salad

Succulent lamb rump is paired with sliced pan-fried potatoes & thinly sliced onions sautéed in butter. Accompanied by a zesty minty-yoghurt sauce for dipping and a fresh pea & pickled pepper salad tossed in a pomegranate dressing that brings everything to life. C'est délicieux!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Waterford Estate | Waterford The Library
Collection Spring Shiraz 2017

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Ingredients & Prep

200g	Potato <i>peeled & cut into 1cm thick rounds</i>
10g	Almonds
30ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinsed & finely chopped</i>
1	Red Onion <i>½ peeled & roughly sliced</i>
160g	Free-range Lamb Rump
40g	Peas
20g	Salad Leaves <i>rinsed</i>
20g	Pickled Bell Peppers <i>drained & roughly sliced</i>
10ml	Pomegranate Dressing

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. BOIL THE POTS Place the sliced potato in a pot and cover with cold, salted water. Place over medium-high heat and bring to a boil. Reduce the heat and simmer for 4-5 minutes until soft. Drain on completion.

2. TOASTED NUTS & MINTY YOG Place the almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside. In a small bowl, combine the yoghurt, the chopped mint, and seasoning. Set aside.

3. LOVELY LYONNAISE When the potatoes are cooked, return the pan to a medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the sliced onion. Fry for 4-5 minutes, shifting occasionally. Add the remaining potato and sliced onion, another drizzle of oil, and another knob of butter. Lower the heat slightly and fry for 5-10 minutes until the onion is golden and the potato is starting to crisp.

4. JUMP START THE RUMP While the potatoes are frying, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, and season. When the pan is hot, sear the steak, 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 steak). During the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

5. SOME FRESHNESS Boil the kettle. Place the peas in a bowl and submerge in boiling water for 2-3 minutes. Drain on completion. In a bowl, combine the rinsed salad leaves, the drained peas, the sliced pepper, the pomegranate dressing, and seasoning.

6. DAZZLING DINNER! Plate up the lamb slices and serve with the lyonnaise potatoes. Side with the salad sprinkled with the toasted almonds. Serve the minty-yoghurt on the side for dunking. Impressive, Chef!

Nutritional Information

Per 100g

Energy	538kJ
Energy	129kcal
Protein	6.8g
Carbs	10g
of which sugars	2.3g
Fibre	1.9g
Fat	6.8g
of which saturated	2.4g
Sodium	68mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days