



UCCOOK

Lamb Chop & Peach Salsa

with rosemary potatoes

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 553kJ | 3407kJ |
| Energy | 132kcal | 814kcal |
| Protein | 5.5g | 34g |
| Carbs | 10g | 63g |
| of which sugars | 3.3g | 20.6g |
| Fibre | 1.2g | 7.3g |
| Fat | 7.5g | 46.4g |
| of which saturated | 3.2g | 19.6g |
| Sodium | 46mg | 281mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

| | | |
|------|------|--|
| 750g | 1kg | Baby Potatoes <i>rinse & cut in half</i> |
| 8g | 10g | Fresh Rosemary <i>rinse</i> |
| 3 | 4 | Peaches <i>rinse & roughly dice, discarding the pip</i> |
| 60g | 80g | Piquanté Peppers <i>drain</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & roughly slice</i> |
| 45ml | 60ml | Lime Juice |
| 525g | 700g | Free-range Lamb Leg Chops |
| 15ml | 20ml | Dried Oregano |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. ROAST Coat the baby potatoes in oil, the rosemary, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PEACH SALSA In a bowl, combine the peaches, peppers, spring onion (to taste), lime juice, a drizzle of olive oil and season.

3. LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, coat with the oregano, and seasoning. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes.

4. DINNER IS READY Dish up the rosemary potatoes, discarding the rosemary sprigs, side with the lamb, and serve alongside the salsa. Enjoy, Chef!