



U COOK

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: Nitida | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	553kJ 132kcal	3407kJ 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

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!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter