

Lemon, mint & feta potatoes with lamb



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Preparation about 15 minutes

Cooking about 25 minutes

Serves 4

750g small new (chat) potatoes, washed

8 trimmed lamb cutlets

2 tbs olive oil (+ extra or oil spray for brushing)

Salt and ground black pepper

3 green onions (shallots), sliced

2 garlic cloves, finely chopped

1 tbs lemon juice

1/3 cup mint leaves, chopped

1/3 cup flat-leaf parsley leaves, chopped

75g feta cheese, crumbled

Mizuma or baby spinach leaves, to serve

Lemon wedges, to serve

1. Cook potatoes in a large saucepan of boiling water for 10 minutes until just tender. Drain, refresh in cold water and halve potatoes lengthways. Set aside.
2. Preheat a char-grill or barbecue on medium-high heat. Spray or brush lamb with oil. Season with salt and pepper to taste. Char-grill or barbecue lamb for 3 minutes on each side (for medium) or until cooked to your liking. Place on a plate, cover with foil and rest for 5 minutes.
3. Heat oil in a large non-stick frying pan over medium-high heat. Add potatoes and cook, turning occasionally, for 5 minutes or until golden. Add green onions, garlic, lemon juice, mint and parsley. Season with pepper to taste and gently toss to combine. Sprinkle with feta. Serve potatoes with lamb and mizuma or baby spinach leaves and lemon wedges.



Potatoes

- A good reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.
- The skin of potatoes helps retain vitamins during cooking and also has higher levels of some antioxidants, which may help protect us against some of the damaging effects of ageing.