



# DropChef

## Irish Comeragh Mountain Lamb Cutlets with Baby Potatoes & Mint, Baby Gem and Sugar Snap Pea Salad

Comeragh Mountain Lamb has a unique flavour, which develops due to the mountainous terrain on which the sheep are herded. This lamb from Co. Waterford is one of the South East's best kept secrets! Paired with a crunchy sugarsnap salad and minty potatoes, this dish is fresh and also full of flavour!

### Ingredients

- Lamb Cutlets
- Baby Gem Lettuce
- Baby Potatoes
- Fresh Mint
- Shallots
- Sugar Snap Peas

### Your Pantry

- Olive Oil/Butter
- Salt & Pepper

### Nutritional Info

Calories: 440 kcal  
Carbohydrates: 41 g  
Protein: 25 g  
Fat: 14 g

### Allergens


None

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Boil the kettle for the potatoes**

In boiling salted water cook the potatoes for 15 minutes in a pot over a medium heat, until they are tender.

### 2) **Prepare the salad ingredients**

Thinly slice the shallot and set aside with the sugar snap peas. Cut the bottom off of the baby gem and separate out the leaves.

### 3) **Cook the lamb cutlets**

Season the lamb cutlets and in a hot pan cook for 2 minutes on each side. Set aside and keep warm.

### 4) **Cook the sugar snap peas with the salad**

In a separate pot melt a little butter and add in the shallots, cook for 1 minute. Add in the sugar snap peas and cook for one minute, then add in the baby gem and cook until it starts to wilt.

### 5) **Remove the potatoes from the heat**

Drain off the cooking liquid, slice the baby potatoes in half, season and add in some olive oil and some freshly chopped mint. Season with salt and pepper.

### 6) **Plate the dish**

Serve the potatoes in the centre of the plate and spread the salad over them. then lay the lamb cutlets on the top. Enjoy!



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