

Cooking School

with the London Chef

Pan-Fried Lamb Chops, Warm Minted Potato Salad, Roast Asparagus with Lemon & Feta Vinaigrette

A note: This recipe is flexible, and you can adjust it to your taste. Add more or less of what you like, and feel free to make substitutions - enjoy cooking. These measurements will feed 2 people, often with leftovers, and can be doubled. You may need larger cooking equipment or to cook in batches when cooking for more people.

Lamb

3-4 frenched lamb chops per person
*make sure they are frenched

Asparagus

1 bunch asparagus
Good quality feta cheese
1 lemon

Potatoes

6-8 Yukon gold potatoes
1 bunch mint
1 bunch parsley
1 bunch chives or green onions
1 lemon

Cooking Equipment

Knife
Cutting board
Pot
Strainer
Small mixing bowl
Large mixing bowl
Frying pan
Tongs
Oven pre-heated to 450 F
Baking tray
Olive oil
Salt

**GF, DF*

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Method

1. Slice your rack of lamb into individual chops and season generously with salt on both sides. Heat a frying pan on medium-high. Once it's hot, add the lamb chops in and fry for 3 minutes on one side, or until nicely browned. Flip onto the other side then cook for another few minutes until cooked through. Remove them from the pan and let them rest for 5 minutes before serving.
2. Get potatoes cut into $\frac{3}{4}$ inch thick slices and get them into a pot filled with water and a big pinch of salt. Bring the water to boil - once it boils, turn down to a gentle simmer and simmer for 10-15 minutes, until tender all the way through. Into a mixing bowl, add a few tbsp of olive oil, a big pinch of salt, the zest of 1 lemon, the juice of $\frac{1}{2}$ lemon and finely sliced green onions. Pick the stems off the mint and parsley, and then chop the leaves roughly and add them to the bowl. When the potatoes have cooked, drain them, add the hot potatoes directly to the bowl of dressing, and stir everything to combine. Adjust with salt if needed.
3. Preheat the oven to 450 F, Trim the bottoms of the asparagus and lay them onto a baking tray in a single layer. Drizzle with olive oil and sprinkle with salt and place them into the hot oven. Cook for about 10 minutes until cooked through but still have some life in them (not wilted!) Remove them from the oven, allow them to cook completely. Once cool, crumble feta and squeeze some lemon overtop.
4. On a dinner plate, plate the potato salad then place the asparagus on top then the lamb chops on the side along with a lemon wedge. Voila, enjoy your Summer Supper!