



## Lamb Chops With Crushed Peas, Mint Jus And Pan-Fried Potatoes

By Clodagh McKenna as featured in her book *Clodagh's Weeknight Kitchen*  
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Serves 2

### INGREDIENTS

2 lamb loin chops (about 125g each)  
1 tbsp olive oil  
1 sprig of rosemary  
1 tsp fresh mint, chopped

### For the crushed peas

250g frozen peas  
1 tbsp extra virgin olive oil  
1 tsp fresh mint, finely chopped

### For the pan-fried potatoes

250g baby potatoes

1 tbsp butter  
1 tbsp olive oil  
1 clove of garlic, crushed  
1 tbsp rosemary, finely chopped  
Sea salt and freshly ground black pepper

### METHOD

Start by taking the lamb chops out of the fridge for 30 minutes before you cook them. Next prep the potatoes, by washing them and slicing about ½ inch thick. Boil the potatoes for 5 minutes in hot water, drain and set aside.

Rub the lamb chops with a sprig of rosemary, to add a hint of rosemary to the flavour of the meat. Then brush the chops with olive oil and season with sea salt and freshly ground black pepper. Place a griddle or frying pan over a medium/high heat. Cook the lamb chops on each side for four minutes.

Place a frying pan over a medium heat and add

a tablespoon of butter and olive oil, swirl around the pan until melted. Add the par-cooked sliced potatoes, season with sea salt and freshly ground black pepper, toss well and cook for ten minutes. Next toss in the garlic and rosemary, and continue to cook for a further five minutes or until the potatoes are cooked.

Lastly make the crushed peas, third fill a pan with water and bring to the boil. Add the frozen peas and cook for three minutes. Drain the peas then return to the pan and mash lightly with the extra virgin olive oil and mint. Season with freshly ground black pepper and sea salt.

Divide the crushed peas between two warmed plates, and spoon the pan-fried potatoes around the peas. Place the lamb chops on top of the crushed peas, and stir the fresh mint into the leftover jus in the cooking pan, then spoon the minted jus over the lamb.