

## SPRING LUNCH FOR GROWN UPS

### Grilled lamb chops

For three, takes 20 minutes, plus marinating time

- \* *Rosemary - 1 tbsp, chopped*
- \* *Red peppercorns - 1 tbsp*
- \* *Sea salt - a generous pinch*
- \* *Olive oil - a glug*
- \* *Lamb chops - 6*

Crush the rosemary, red pepper, salt and oil in a pestle and mortar. Rub all over the lamb. Cover and place in the fridge for a few hours, or overnight.

Heat a griddle pan to a high heat.

Sizzle the chops under for 4 minutes, then turn them and cook for a couple more minutes. I like mine pink on the inside and crispy on the outside - reduce the cooking time if the chops are very thin, or increase if you prefer things a little less bloody.

### Salsa verde

Makes a small bowl, takes 10 minutes

- \* *Fresh parsley - a fistful (with stalks) very roughly chopped*
- \* *Fresh coriander - a fistful (with stalks) very roughly chopped*
- \* *Fresh mint - about 10 leaves*
- \* *Garlic - 1 clove, peeled and roughly chopped*
- \* *Anchovy fillets - 10*
- \* *Capers - 2 tbsp*
- \* *Extra virgin olive oil - a couple of glugs*

Place all the ingredients, with only 2 tbsp of olive oil initially, into the small bowl of a blender. Blend to a coarse paste.

With the mixer running, drizzle olive oil into the bowl until you have a pesto like consistency. You probably won't need much.

### Sweet potato garlic mash

Serves 3, takes 10 minutes, plus 50 minutes oven time

- \* *Sweet potato - 2 or 3*
- \* *Olive oil - a glug*
- \* *Paprika - a pinch*
- \* *Garlic - 4 cloves*
- \* *Butter - 30g*

Preheat the oven to 210 degrees C.

Roughly chop the sweet potato. Place in a medium sized roasting dish - ideally you want to be able to use the same pan to mash in to save on washing up, so choose a dish with high sides if you have one. It doesn't matter if the potatoes are in several layers.

Drizzle olive over the potatoes, sprinkle over a pinch of paprika and season with salt and pepper. Toss.

Place in the oven for 35 minutes.

Add the garlic cloves (skin on) to the roasting dish and bake for a further 15 minutes.

Carefully remove the skin from the garlic (they'll be hot!). Discard the skin and return the garlic flesh to the pan. Add the butter, then mash the potatoes. You can use a hand blender here for a super silky smooth texture.

### **Buttered spinach**

Serves 3, takes 10 minutes

\* *Spinach - 600g*

\* *Butter - a knob*

Wash the spinach and remove any stalks (conserve them to add to a soup/stir fry/ frittata).

Place the spinach in a large pan. Boil up a kettle full of water and pour into the pan. Stir to wilt all the spinach, then drain.

Return the spinach to the pan and add the butter. Season well with salt and pepper and stir again. Serve immediately.

### **Lemon tarts**

Makes 4 mini tarts, takes 45 minutes, plus chilling time

*For the pastry:*

\* *Plain flour - 85g*

\* *Salt - a pinch*

\* *Cold unsalted butter -60g chopped into small chunks*

*For the curd:*

*Lemons - zest and juice of 4*

\* *Butter - 100g, cut into small pieces*

\* *Sugar - 1/2 cup*

\* *Eggs - 3, plus an extra yolk*

4 mini tart tins (10cm diameter)

Start by making the pastry.

Put the flour, salt and butter in a mixer and pulse until the texture is like fine breadcrumbs. Add about 1/2 tbs of cold water and keep pulsing until the dough clumps together in one piece. Add a touch more water if needed.

Use your hands to gather up any stray bits of dough and press it together into a flattish, circular disk. Wrap in cling film and chill in the fridge for at least half an hour.

Preheat the oven to 190 degrees C and remove the pastry from the fridge.

Cut the pastry into four equal pieces. Roll out each piece to a (roughly) 5mm thick circle. Line each pastry tin with pastry, being careful to eliminate any air bubbles between the tin and the pastry. Trim off the excess and prick each base a couple of times with a fork.

Place in the oven for 12 minutes, or until the pastry is just starting to colour. Set aside.

To make the lemon curd, combine the lemon zest, juice, butter and sugar in a heat proof bowl and set over a pan of just simmering water. Don't let the bowl touch the water or have the heat too high, otherwise the mixture might curdle. Stir occasionally until the butter has melted.

Whisk the eggs together in a separate bowl and then add to the lemon mixture. Cook for 15 to 20 minutes, stirring often. When it's done it will be the consistency of...curd.

To serve, spoon the curd into the prepared tart tins. Serve with a sprinkling of icing sugar.