Lamb with Mint Sauce and Roasted Spring Vegetables

Ingredients:

For the lamb

- 4 lamb chops or a small rack of lamb (approximately 500-600g)
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp fresh rosemary, chopped (or ½ tsp dried)
- Salt and freshly ground black pepper

For the mint sauce

- 1 small bunch fresh mint leaves (about 30g), finely chopped
- 2 tbsp white wine vinegar or malt vinegar
- 1 tsp sugar
- 3 tbsp boiling water
- Pinch of salt

For the roasted spring vegetables

- 300g baby carrots, trimmed
- 300g new potatoes, halved
- 200g asparagus spears, trimmed
- 150g radishes, halved
- 2 tbsp olive oil
- Salt and freshly ground black pepper

Instructions:

Step 1: Prepare the mint sauce

1. Place the chopped mint leaves in a bowl.
2. Add the sugar, a pinch of salt, and 3 tablespoons of boiling water. Stir until the sugar dissolves.
3. Mix in the vinegar and let the sauce sit at room temperature while preparing the rest of the dish.

Step 2: Prepare and roast the vegetables

1. Preheat the oven to 200°C (180°C fan) or gas mark 6.
2. Place the baby carrots, new potatoes, asparagus, and radishes on a baking tray.
3. Drizzle with olive oil and season with salt and pepper. Toss to coat evenly.
4. Roast in the preheated oven for 30-35 minutes, turning halfway through, until the vegetables are tender and golden.

Step 3: Cook the lamb

1. While the vegetables are roasting, season the lamb chops with salt, pepper, rosemary, and minced garlic.
2. Heat 2 tablespoons of olive oil in a large frying pan over medium-high heat.

3. Sear the lamb chops for 3-4 minutes per side for medium-rare (adjust cooking time based on your preferred doneness).
4. Remove the lamb from the pan and let it rest for 5 minutes.

Step 4: Serve

1. Plate the roasted spring vegetables.
2. Arrange the lamb chops on top or alongside the vegetables.
3. Spoon the mint sauce over the lamb or serve it in a small dish on the side.

Serving Suggestions

This dish pairs beautifully with a light red wine (such as Pinot Noir) or a crisp white (like Sauvignon Blanc). A side of fresh, crusty bread or a leafy salad would also complement the meal nicely.