



# MINTED AIR-FRYER ROAST LAMB & ROOT VEGETABLES



*Succulent lamb loin chops roasted with tender thyme-infused roots and fresh courgettes, served with a zesty homemade mint sauce.*

## Ingredients

150g small new potatoes, quartered

1 medium carrot, peeled and cut into short batons

1 small parsnip, peeled and cut into short batons

1 tbsp olive oil or sunflower oil

Good pinch dried thyme or ½ tsp fresh thyme leaves

1 medium courgette (approx. 175g), halved lengthways and sliced into 1.5cm pieces

2 lamb loin chops

Sea salt and freshly ground black pepper

For the fresh mint sauce:

2 heaped tbsp chopped fresh mint, plus extra to serve

1½ tsp white wine vinegar

1 tsp caster sugar

2 tsp olive oil or sunflower oil

## Method

Prepare the Root Vegetables

In a large bowl, toss the potatoes, carrots, and parsnips with 2 tsp oil, thyme, salt, and plenty of black pepper. Set aside.



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## Make the Mint Sauce

Combine the mint, white wine vinegar, caster sugar, oil, and 1 tsp water in a small dish. Set aside to let the flavours meld.

## Preheat the Air Fryer

Preheat to 200°C for 3 minutes.

## Cook the Roots

Spread the root vegetables in a single layer on the crisper plate (avoid overcrowding).

Cook for 8 minutes, turning halfway, until tender and golden.

## Add Courgettes & Lamb

Toss the courgette in the remaining oil and season with salt and pepper. Turn the cooked roots, scatter the courgette slices on top (do not mix), then place the seasoned lamb chops on top.

## Roast Together

Cook for 4–5 minutes, then turn the lamb chops and cook for another 4–5 minutes (4 minutes per side for medium-rare; up to 6 minutes for well done). The lamb fat should be lightly browned.

## Serve

Transfer to warm plates. Spoon any cooking juices over the lamb and vegetables.

Garnish with extra fresh mint leaves and serve with the mint sauce on the side.