

# LAMB, PEA & MINT SOUP

A soup made with lamb bone broth, peas, potato and mint. Served with thin slices of lamb loin, lamb crackling, crispy potato skins and a mint oil.

EQUIPMENT: INSTANT POT PRO & INSTANT BRANDS VORTEX AIR FRYER

## Lamb

1 kg Lamb loin on the bone  
1 teaspoon Salt  
1 head Garlic  
3 tablespoons Olive oil  
1 medium Onion, peeled and diced  
1 medium Potato, peeled and chopped (reserve peels)  
3 sprigs Fresh Thyme  
1,2 liters Lamb Stock (made with the bones from the loin)  
500 g Frozen peas (petit pois)  
1 tablespoon Apple cider vinegar  
1 cup Mint leaves, fresh, finely chopped  
½ cup Parsley, fresh, finely chopped  
1 ½ cups Milk  
1 teaspoon Salt  
½ teaspoon Black pepper, freshly ground



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### Prepare the Lamb:

1. Remove the loin from the bone. Wrap the loin in cling wrap, rolling it tightly to form a cylinder and place in the freezer for 15 minutes.
2. Place the lamb bones in the Instapot add water to cover. Season with salt, stir And seal the pot. Pressure cook on high for 25 minutes. Let it natural pressure release for 20 minutes and release the remaining pressure.
3. Remove the bones from the broth and set aside in a baking tray. Reduce the broth to about half, on the sauté setting (high).
4. Pre-heat the air fryer and select the roast setting (190°C). Slice the top off the garlic bulb to expose the cloves and once the oven is ready place in a baking tray together with the lamb bones. Drizzle with a little olive oil and roast for 20 minutes in the air fryer.
5. Remove from the air fryer, take out the garlic and place aside. Remove any lamb crackling from the bones and set aside. Deglaze the baking dish with some of the broth. Place the broth in a small saucepan and cook for 10 minutes to add flavour and colour to make the lamb stock.
6. Place 2 tablespoons olive oil in the Instapot and select sauté, medium heat. Add the chopped onion, potato and thyme and sauté for about 5 minutes. Add the lamb stock to the Instapot and bring to the boil.
7. Add the peas and apple cider vinegar and bring to the boil. Turn the Instapot onto low heat and add the mint and parsley and simmer for a further 5 minutes. Add the milk and blend into the soup.
8. Squeeze out the garlic cloves and add to the soup. Use a stick blender and blend until just smooth. Reheat the soup so that it is piping hot.
9. Remove the lamb loin from the freezer and slice very thin slices of the lamb.
10. Ladle the soup into serving dishes and place a few thin slices of lamb in each dish. Season with salt and pepper. Serve with lamb crackling, crispy potato skins, that are prepared in the air fryer and mint oil made by infusing finely chopped mint in olive oil. Slices of freshly baked potato bread will round off this tasty soup.



Yield: 4-6 servings  
Prep time: 15 minutes  
Cooking time: 1 hour 15 minutes  
Total time: 1 hour 30 minutes

