



UCOOK

Lamb Chop & Cheese-crusted Potatoes

with a creamy salad

Dinner shouldn't be another 'to do' list item for the day. Instead, make it a special occasion to slow down after a busy day and savour great food. And this plate of buttery lamb chop, smashed potatoes with a special UCOOK spice covered in cheese, and creamy cucumber salad will make that a very easy thing to do, Chef!


Hands-on Time: 55 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Hellen Mwanza

Fan Faves

 Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

1kg	Baby Potatoes <i>rinse</i>
60ml	Potato Spice <i>(20ml Ground Paprika, 20ml Garlic Powder & 20ml Onion Powder)</i>
125ml	Grated Italian-style Hard Cheese
200g	Cucumber <i>rinse & cut into thin rounds</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
120ml	Creamy Tangy Sauce <i>(80ml Sour Cream & 40ml Lemon Juice)</i>
700g	Free-range Lamb Leg Chops

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 20-25 minutes. Drain and set aside.

2. ADD SOME SPICE & CHEESE Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Coat in oil, the potato spice, and the cheese. Roast in the hot oven until crispy, 25-30 minutes.

3. CREAMY SALAD While the potatoes are in the oven, combine the cucumber half-moons, the shredded leaves, the creamy tangy sauce, and seasoning in a bowl. Set aside.

4. BUTTERY LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and rest for 5 minutes.

5. SET THE TABLE Plate up the seared lamb. Side with the cheesy potatoes and the creamy salad.



Chef's Tip

Air fryer method: Place the parboiled, gently-split potatoes in the air fryer basket. Coat in oil, the potato spice, and the cheese. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	650kj
Energy	155kcal
Protein	7.1g
Carbs	9g
of which sugars	1.4g
Fibre	1g
Fat	9.9g
of which saturated	4.3g
Sodium	58mg

Allergens

Egg, Allium, Cow's Milk

Eat
Within
4 Days