



UCOOK

Lamb Chops & Baby Potatoes

with a pea salad & a red wine vinaigrette

Would you believe us if we said you can cook a classic, cheffy meal in no time at all? Here's the evidence: a juicy lamb chop is seared in butter & drizzled with a herby sauce. Sided with buttery baby potatoes and a fresh pea, radish & pumpkin seed salad featuring a red wine vinaigrette. Case closed!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Paserene | Dark Shiraz

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
50g	Peas
20g	Salad Leaves
20g	Radish
8g	Mixed Herbs <i>(4g Fresh Dill & 4g Fresh Parsley)</i>
20ml	Red Wine Vinegar
175g	Free-range Lamb Leg Chops
5ml	NOMU Lamb Rub
5g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. OH BABY! Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

2. PREP STEP Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. Rinse and roughly shred the salad leaves. Rinse and thinly slice the radish into rounds. Rinse, pick, and roughly chop the mixed herbs. In a small bowl, combine ½ the vinegar, a drizzle of olive oil, the chopped herbs, a sweetener, and seasoning. Set aside.

3. ON THE 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 and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. SIMPLE SIDE SALAD In a salad bowl, combine the remaining vinegar, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded salad leaves, the plumped peas, the radish rounds, and the pumpkin seeds.

5. SERVICE, PLEASE! Plate up the seared lamb chop and drizzle over the herby sauce. Side with the buttery baby potatoes and the fresh pea salad. Dig in, Chef!



Chef's Tip

Toast the pumpkin seeds in a pan over a medium heat until golden brown, 2-3 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	646kJ
Energy	154kcal
Protein	7.1g
Carbs	9g
of which sugars	1.9g
Fibre	1.5g
Fat	9.5g
of which saturated	4g
Sodium	87mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days