



UCCOOK

Lamb & Paprika Potatoes

with a chunky Greek-style salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	639kj	3989kj
Energy	153kcal	954kcal
Protein	6.6g	41.4g
Carbs	8g	52g
of which sugars	1.7g	10.4g
Fibre	1.3g	8.4g
Fat	9.8g	61.4g
of which saturated	4.1g	25.7g
Sodium	166mg	1035mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Smoked Paprika
10g	20g	Pumpkin & Sunflower Seed Mix
10ml	20ml	Red Wine Vinegar
30g	60g	Danish-style Feta <i>drain</i>
30g	60g	Pitted Kalamata Olives <i>drain & cut in half</i>
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
175g	350g	Free-range Lamb Leg Chops
5ml	10ml	NOMU Roast Rub

From Your Kitchen

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

1. PAPRIKA POTATOES Coat the baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). At the halfway mark, toss with the paprika and cook for the remaining time. Alternatively, preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. FETA & OLIVE SALAD Place the pumpkin & sunflower seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a salad bowl, combine the red wine vinegar, a sweetener (to taste), and a drizzle of olive oil. Toss through the feta, the olives, the tomato, ½ the mint, and seasoning. Set aside.

3. LIPSMACKING LAMB Return the pan to 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, the NOMU rub and the remaining mint. Remove from the pan, reserving the pan juices, season, and rest for 5 minutes.

4. DINNER'S READY Plate up the golden paprika potatoes and chunky Greek-style salad. Serve alongside the browned lamb and drizzle over any reserved pan juices. Garnish with the seed mix.