



# UCCOOK

## Coca-Cola's Lamb & Sweet Potato

with chickpeas, tahini yoghurt & dried cranberries

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Coca-Cola

**Pairing:** Drink | Coca-Cola

### Nutritional Info

	Per 100g	Per Portion
Energy	680kj	4204kj
Energy	163kcal	1005kcal
Protein	6.8g	42g
Carbs	13g	78g
of which sugars	4g	24.6g
Fibre	2.1g	13.1g
Fat	8.8g	54.1g
of which saturated	3.5g	21.5g
Sodium	81mg	501mg

**Allergens:** Cow's Milk, Allium, Sesame, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse &amp; cut into bite-sized pieces</i>
180g	240g	Chickpeas <i>drain &amp; rinse</i>
30g	40g	Dried Cranberries <i>roughly chop</i>
30ml	40ml	Lemon Juice
120ml	160ml	Greek Yoghurt
22,5ml	30ml	Tahini
525g	700g	Free-range Lamb Leg Chops
2	2	Garlic Cloves <i>peel &amp; grate</i>
30ml	40ml	Rub & Flour <i>(15ml [20ml] NOMU Moroccan Rub &amp; 15ml [20ml] Cornflour)</i>
125ml	160ml	Pomegranate Juice
8g	10g	Fresh Mint <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

**1. ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. SOME PREP** In a bowl, combine the chickpeas, the cranberries, the lemon juice (to taste), and season. In a small bowl, combine the yoghurt and the tahini (to taste).

**3. 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.

**4. SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary, and a knob of butter. Fry the garlic and rub and flour until fragrant, 30-60 seconds. Mix in the pomegranate juice and 150ml [200ml] of water. Simmer until thickening, 3-4 minutes. Remove from the heat and season.

**5. DINE LIKE ROYALTY** Smear the yoghurt mixture on one side of the plate, top with the sweet potato, drizzle over the sauce, and serve the lamb chops and the chickpea salsa on the side. Garnish with the mint. Cheers, Chef!