



UCCOOK

Lamb Chops & Chipotle Onions

with lemony carrot & cabbage

In this classic recipe, juicy pan-fried lamb chops meet the smoky allure of chipotle-infused onions. Served alongside buttery mashed potatoes and a zesty carrot & cabbage medley. Ready in a flash, but oh-so-delicious!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Quick & Easy

 Vergelegen | Reserve Merlot

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
1	Onion <i>peeled & roughly sliced</i>
10g	Chipotle Chillies In Adobo <i>finely chopped</i>
175g	Free-range Lamb Leg Chops
100g	Cabbage <i>rinsed & ½ thinly sliced</i>
120g	Carrot <i>rinsed, trimmed, peeled & grated</i>
10ml	Lemon Juice

From Your Kitchen

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

1. SILKY MASH Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. CHIPOTLE ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. In the final 1-2 minutes, add the chopped chipotle chillies (to taste). Remove from the heat and season.

3. LAMB CHOPS 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. CABBAGE & CARROT In a bowl, toss together the sliced cabbage, the grated carrot, the lemon juice (to taste), and seasoning.

5. GRAB THE PLATES Plate up the buttery, creamy mash, side with the chipotle onions, and top with the lamb chop. Serve alongside the lemon carrot & cabbage. Dig in, Chef!

Nutritional Information

Per 100g

Energy	479kJ
Energy	115kcal
Protein	5.1g
Carbs	9g
of which sugars	2.2g
Fibre	1.7g
Fat	6.6g
of which saturated	2.8g
Sodium	38.6mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days