



# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Rhea Hsu

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 Quick & Easy

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 Paserene | Dark Shiraz

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## Ingredients & Prep

400g	Baby Potatoes <i>rinsed &amp; halved</i>
100g	Peas
40g	Salad Leaves
40g	Radish
16g	Mixed Herbs <i>(8g Fresh Dill &amp; 8g Fresh Parsley)</i>
40ml	Red Wine Vinegar
350g	Free-range Lamb Leg Chops
10ml	NOMU Lamb Rub
10g	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