

# UCOOK

## Lamb & Cranberry Balsamic Reduction

**with roasted smoked paprika potato rounds**

Great food is a gift, and today's meal will make your tastebuds think it's Christmas, Chef! Smoky paprika-spiced potato rounds are oven roasted until golden, then dished up with a juicy lamb chop, generously covered in a honey-balsamic, cranberry & pecan nut sauce. An onion & spinach side wraps this tasty present up for all to enjoy.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Hellen Mwanza

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Adventurous Foodie

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Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

|       |  |
|-------|--|
| 800g  | Potato<br><i>rinse &amp; cut into 1cm rounds</i>                   |
| 20ml  | Smoked Paprika   |
| 700g  | Free-range Lamb Leg Chops  |
| 60ml  | Lemon Juice  |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>                           |
| 80g   | Dried Cranberries<br><i>roughly chop</i>                           |
| 60g   | Pecan Nuts<br><i>roughly chop</i>                                  |
| 185ml | Honey-balsamic<br><i>(60ml Balsamic Vinegar &amp; 125ml Honey)</i> |
| 1     | Onion<br><i>peel &amp; roughly slice</i>                           |
| 160g  | Spinach<br><i>rinse</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. ROAST** Preheat the oven to 200°C. Spread the potato rounds on a roasting tray. Coat in oil, the smoked paprika, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. MARINATE** Pat the lamb dry with paper towel and season. In a bowl, combine the lemon juice, the grated garlic, and a drizzle of oil. Add the lamb chops, toss to combine, and set aside in the fridge.

**3. SAUCE** Place a small pot over medium heat. Add 40g of butter, the chopped cranberries, the chopped pecans, the honey-balsamic, and a splash of water. Simmer until slightly reduced and the cranberries are soft, 4-5 minutes. Remove from the heat, season, and cover to keep warm.

**4. LAMB CHOPS** Place a pan over medium-high heat with a drizzle of oil. Remove the lamb chops from the marinade, reserving the marinade. 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 reserved marinade. Remove from the pan, season, and rest for 5 minutes.

**5. SPINACH** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the sliced onions until soft, 3-4 minutes. Add the rinsed spinach and fry until wilted, 3-4 minutes. Remove from the heat and season.

**6. TIME TO EAT** Plate up the smoked paprika-potato rounds. Side with the lamb chops and the spinach. Pour the cranberry sauce over the lamb chops. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the potato rounds in oil, the smoked paprika, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 733kj   |
| Energy             | 175kcal |
| Protein            | 6g      |
| Carbs              | 17g     |
| of which sugars    | 7.4g    |
| Fibre              | 2.3g    |
| Fat                | 9.5g    |
| of which saturated | 3.4g    |
| Sodium             | 28mg    |

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
4 Days