

UCOOK

Indian-spiced Lamb Chops

with buttery baby potatoes & fresh chilli

A quick and delicious recipe ideal for a weeknight dinner or braai! Indian spiced & marinated lamb chops are grilled & served alongside a fresh salad with buttery baby potatoes. The only problem with these lip-smacking lamb chops is that you'll want more!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Creation Wines | Creation Merlot

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Ingredients & Prep

250g	Baby Potatoes <i>rinse & cut in half</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
175g	Free-range Lamb Leg Chops
10ml	Spice & All Things Nice Curry Paste
20g	Salad Leaves
1	Spring Onion
20g	Radish
30g	Danish-style Feta
10ml	Red Wine Vinegar

From Your Kitchen

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

1. HOT POTATOES Place the halved baby potatoes in a pot with salted water over high heat. Pop on the lid and bring to a boil. Once boiling, remove the lid and reduce the heat. Allow to simmer until cooked through, 15-20 minutes. Drain and return the potatoes to the pot. Add a knob of butter, ½ the sliced chilli (to taste), and seasoning. Cover with the lid and shake the pot until the potatoes are coated in the melted butter. Cover to keep warm.

2. MARINATION STATION Pat the lamb chops dry with paper towel and place in a bowl. Add the curry paste, a drizzle of oil, and seasoning. Toss until fully coated and set aside to marinate.

3. PREP STEP Rinse the salad leaves, the spring onion, and the radish. Finely chop the spring onion. Slice the radish into rounds. Drain and crumble the feta.

4. SIZZLING LAMB Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the marinated lamb chops until browned, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes.

5. FINAL FLAIR In a salad bowl, combine the rinsed salad leaves, the radish rounds, the vinegar, the crumbled feta, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED Plate up the spiced lamb chops. Side with the buttery baby potatoes and the salad. Garnish with the remaining chilli (to taste) and the chopped spring onion. Well done, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the lamb chops over the hot coals instead of in the pan? You'll get that unbeatable braai smoke flavour, as well as a festive evening!

Nutritional Information

Per 100g

Energy	663kj
Energy	158kcal
Protein	7.2g
Carbs	9g
of which sugars	1.4g
Fibre	0.9g
Fat	10.2g
of which saturated	4.5g
Sodium	137mg

Allergens

Allium, Sulphites, Cow's Milk, Shellfish

Eat
Within
4 Days