



UCOOK

Lamb Chops & Aloo Chaat

with a fresh salad, chilli & dried cranberries

Crispy and golden aloo chaat is a true delight with its perfectly cooked potatoes, seasoned with aromatic spices that will make your senses dance. Our version is scattered with dried cranberries and tangy chutney. We're taking it up a notch by pairing it with a juicy lamb chop and a fresh pea salad.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

200g	Potato <i>rinsed & cut into bite-sized chunks</i>
1	Onion
1	Fresh Chilli
20g	Salad Leaves
10g	Dried Cranberries
40g	Peas
10ml	NOMU Indian Rub
175g	Free-range Lamb Leg Chops
20ml	Mrs Ball's Chutney

From Your Kitchen

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

1. A POT OF TATOES Place a pot of cold salted water, with a lid, over a high heat. Add the potato chunks and bring to the boil. Reduce the heat and simmer until starting to soften, 8-10 minutes. Drain and set aside.

2. PREPARATION STATION Boil the kettle. Peel and roughly slice ½ the onion. Trim, de-seed and thinly slice the chilli. Rinse and roughly shred the salad leaves. Roughly chop the cranberries. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. ALOO THERE, CHAAT! When the potatoes have 5 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the parboiled potatoes and fry until cooked through and starting to crisp, 4-5 minutes (shifting occasionally). Add the NOMU rub and ½ the sliced chilli (to taste) and fry until fragrant, 1 minute (shifting constantly). Season.

4. 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 chop, fat-side down, for 3-4 minutes per side, or until cooked to your preference. During the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes.

5. PEA SALAD In a bowl, combine the shredded salad leaves, the plumped peas, a drizzle of olive oil, and seasoning.

6. DELISH DISH! Plate up the aloo chaat sprinkled with the chopped cranberries and dolloped with the chutney. Side with the lamb chop and the fresh salad. Sprinkle over the remaining chilli (to taste). Enjoy, Chef!

Nutritional Information

Per 100g

Energy	584kJ
Energy	140kcal
Protein	6.8g
Carbs	13g
of which sugars	4.4g
Fibre	2.3g
Fat	7g
of which saturated	3g
Sodium	107.6mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days