



UCCOOK

Lamb & Cranberry Balsamic Reduction

with roasted smoked paprika potato rounds

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	673kJ	4590kJ
Energy	161kcal	1098kcal
Protein	5.5g	37.3g
Carbs	16g	108g
of which sugars	7g	48g
Fibre	2.2g	15g
Fat	8.5g	57.8g
of which saturated	3g	20.6g
Sodium	26mg	178mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into 1cm rounds</i>
5ml	10ml	Smoked Paprika
175g	350g	Free-range Lamb Leg Chops
15ml	30ml	Lemon Juice
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Dried Cranberries <i>roughly chop</i>
15g	30g	Pecan Nuts <i>roughly chop</i>
45ml	90ml	Honey-balsamic <i>(15ml [30ml] Balsamic Vinegar & 30ml [60ml] Honey)</i>
1	1	Onion <i>peel & roughly slice ¼ [½]</i>
40g	80g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the smoked paprika, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. MARINATE Pat the lamb dry with paper towel and season. In a bowl, combine the lemon juice, the 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 10g [20g] of butter, the cranberries, the pecans, the honey-balsamic, and a splash of water. Simmer until slightly reduced and the cranberries are soft, 3-4 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, with a drizzle of oil. When hot, fry the onion until soft, 2-3 minutes. Add the spinach and fry until wilted, 2-3 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!