



UCOOK

Wandile's Lamb Chops & Grape Wine Sauce

with flaked almonds & gem squash mash

You'd expect to find lamb chops cooked with traditional herbs like rosemary. However, these lamb chops are braised in a fruity sauce of grapes, red wine, and a touch of port; a delightful taste surprise! Paired with a smooth gem squash mash and some flaked almonds for crunch, you are all set for a delicious weeknight dinner.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Wandile Mabaso

🍷 Adventurous Foodie

🍷 Leopard's Leap | Cabernet Sauvignon Merlot

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Ingredients & Prep

2	Gem Squash
10g	Flaked Almonds
175g	Free-range Lamb Chops
1	Red Onion <i>½ peeled & finely sliced</i>
25ml	Red Wine & Port <i>(10ml Red Wine & 15ml Port)</i>
100g	Grapes <i>rinsed</i>
10ml	Chicken Stock
20g	Green Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. WHAT A GEM Place the gem squash in a pot, fully submerge in water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot, drain the water, and cut the squash in half. Scoop out the seeds and discard, then scoop out the flesh and return to the pot. Add a small knob of butter or a drizzle of oil and some seasoning. Mash with a fork until smooth. Cover to keep warm, and set aside for serving.

2. KEEP C-ALMOND Place a pan over a medium heat with the flaked almonds. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside to cool.

3. CHOP CHOP! Return the pan to a high heat with a drizzle of oil. Pat the lamb chops dry with some paper towel. When the pan is hot, sear the chops, fat-side down, for 2-3 minutes until crispy. Then, sear for 2-3 minutes per side, or until sealed, browned and cooked through. Remove from the pan, season and set aside.

4. DRUNKEN CHOPS Boil the kettle. Return the pan to a medium heat with a drizzle of oil, if necessary. Add the onion slices and fry for 4-5 minutes until soft, shifting occasionally. Add the red wine & port and the rinsed grapes. Cook for 2-3 minutes until almost all evaporated. Add 100ml of boiling water and the stock and bring to the boil. Once boiling, reduce the heat and leave to simmer for 8-10 minutes until the sauce is reduced and slightly thickened. In the final 2-3 minutes, add the cooked lamb chops and baste with the sauce until fully coated.

5. CRUNCHY SALAD In a bowl, combine the rinsed green leaves, a drizzle of oil, ½ the toasted almonds, and some seasoning.

6. WHAT A GRAPE DINNER! Pile up the gem squash mash and side with the lamb chops. Pour over the sticky grape sauce and serve the almond salad on the side. Scatter over the remaining almonds and the chopped parsley. Delicious, Chef!

Nutritional Information

Per 100g

Energy	482kJ
Energy	115kcal
Protein	4.5g
Carbs	6g
of which sugars	0.9g
Fibre	1.4g
Fat	7.1g
of which saturated	2.7g
Sodium	150mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days