

UCOOK

Lamb Chops & Aloo Chaat

with a fresh salad & chutney

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 drizzled with 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: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Thea Richter

 Quick & Easy

 Vilafonté | Seriously old dirt 2021

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Ingredients & Prep

400g	Potato Chunks
1	Onion <i>peel & roughly slice</i>
25ml	Spiced Indian Rub <i>(20ml NOMU Indian Rub & 5ml Dried Chilli Flakes)</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
80g	Peas
350g	Free-range Lamb Leg Chops
40ml	Mrs Balls Chutney

From Your Kitchen

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

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

2. GOLDEN ONION Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally).

3. ALOO THERE, CHAAT! Add the cooked potatoes and the spiced Indian rub to the pan with the onions. Fry until fragrant, 1-2 minutes (shifting occasionally).

4. PREPARATION STATION In a bowl, combine the shredded salad leaves, the drained peas, a drizzle of olive oil, and seasoning.

5. 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.

6. DELISH DISH! Plate up the aloo chaat and dollop over the chutney. Side with the lamb chop and the fresh salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	631kJ
Energy	151kcal
Protein	6.6g
Carbs	12g
of which sugars	3.8g
Fibre	1.9g
Fat	8.7g
of which saturated	3.6g
Sodium	104mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days