



UCCOOK

Spiced Lamb Chop & Parsley Potatoes

with lemon yoghurt

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range
Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	682kJ	3417kJ
Energy	163kcal	817kcal
Protein	7.8g	39g
Carbs	9g	43g
of which sugars	1.9g	9.5g
Fibre	1.1g	5.6g
Fat	11.1g	55.6g
of which saturated	4.3g	21.7g
Sodium	53mg	266mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Baby Potatoes <i>rinse & cut in half</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
175g	350g	Free-range Lamb Leg Chops
15ml	30ml	Garam Masala
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10g	20g	Almonds
60ml	120ml	Lemon Yoghurt <i>(50ml [100ml] Greek Yoghurt & 10ml [20ml] Lemon Juice)</i>

From Your Kitchen

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

1. BUTTERY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain the potatoes and add a knob of butter, the parsley, and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

2. SPICED LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. 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 garam masala. Remove from the pan, season, and rest for 5 minutes.

3. TANGY, NUTTY SALAD To a salad bowl, add the salad leaves. Toss with the tomatoes, ½ the nuts, a drizzle of oil and seasoning. Set aside.

4. WHAT A GREAT PLATE Plate up the buttered parsley potatoes and side with the golden lamb. Serve the fresh salad alongside and dollop with the lemon yoghurt. Garnish with the remaining nuts and get ready to eat!

Chef's Tip Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.