



UCCOOK

Lamb Chop & Rosemary Gravy

with potato mash & toasted almonds

This lamb chop dish will be ready chop-chop, Chef! Soon you will be enjoying a silky smooth potato mash with a butter-basted lamb chop, glistening with a homemade garlic & rosemary gravy. Balanced with the nutty freshness of a toasted almond & greens salad.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Quick & Easy

 Waterford Estate | Waterford Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>rinsed, peeled & cut into bite-sized pieces</i>
10g	Almonds
175g	Free-range Lamb Leg Chops
5ml	NOMU Lamb Stock
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
5ml	Cornflour
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOAST 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.

3. LAMB Return the pan to 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. Remove from the pan, season, and rest for 5 minutes.

4. GRAVY Boil the kettle. Dilute the stock with 100ml of water. Return the pan to medium heat with all the pan juices. When hot, fry the grated garlic and the chopped rosemary until fragrant, 1-2 minutes. Add the flour and mix until combined. Slowly whisk in the diluted stock until there are no lumps. Simmer until thickening, 2-3 minutes. Add a splash of water if it's too thick. Remove from the heat and season.

5. QUICK SALAD In a salad bowl, dress the rinsed green leaves with a drizzle of olive oil and season. Add the toasted almonds and toss to combine.

6. TIME TO EAT Plate up the mash, side with the chop, drizzle over the gravy, and serve the fresh salad alongside. Easy, Chef!

Nutritional Information

Per 100g

Energy	770kJ
Energy	184kcal
Protein	8.4g
Carbs	10g
of which sugars	0.6g
Fibre	1.7g
Fat	12.3g
of which saturated	4.8g
Sodium	43mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days