



UCOOK

Lamb Chop & Buttermilk Onion Rings

with a mustard & thyme sauce

Why wait until Sunday for a sitdown meal that is the highlight of your week? Give yourself a memorable midweek taste treat with juicy butter-basted lamb chops, drenched in a crème fraîche, mustard & thyme sauce. The crispiest, buttermilk battered onion rings and oven roasted smashed potatoes complete the dish. Sided with a nutty salad.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Adventurous Foodie

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

200g	Baby Potato <i>rinse</i>
75ml	Buttermilk
45ml	Smoky Flour <i>(40ml Self-raising Flour & 5ml Smoked Paprika)</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse</i>
15ml	Tangy Sauce <i>(10ml Wholegrain Mustard & 5ml Lemon Juice)</i>
30ml	Crème Fraîche
20g	Salad Leaves <i>rinse</i>
10g	Piquanté Peppers <i>drain</i>
10g	Almonds <i>roughly chop</i>
1	Onion <i>peel, cut ½ into thick rounds & separate into rings</i>
175g	Free-range Lamb Leg Chops

From Your Kitchen

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

1. BOILED BABY POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. SMOKY BUTTERMILK BATTER Place the buttermilk in a bowl and whisk until smooth. Add 3/4 of the smoky flour and seasoning. Mix until a thick batter forms. If too thick, add water in 10ml increments until desired consistency.

3. SMASHED SPUDS & SALAD Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the oven until crispy, 15-20 minutes. In a bowl, toss the rinsed leaves with the drained peppers, ½ the nuts, a drizzle of olive oil, and seasoning. Set aside.

4. CREAMY, TANGY THYME SAUCE Return the pan to medium-high heat. Add the grated garlic and the rinsed thyme sprigs, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tangy sauce and simmer until slightly reduced, 30-60 seconds (shifting occasionally). Remove from the heat, discard the thyme sprigs, mix through the crème fraîche, and season. Loosen with water in 5ml increments until drizzling consistency. Place in a bowl, cover, and set aside.

5. THE CRISPIEST ONION RINGS Place a pot over medium-high heat with 4-5 cm of oil. Toss the onion rings in the remaining flour. When the oil is hot, dip the onion rings in the buttermilk batter, allowing the excess to drip off, and carefully lower into the hot oil. Fry until golden brown, 1–2 minutes (shifting halfway). Drain on paper towel. Place in the oven to keep warm.

6. LIPSMACKING 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.

7. SET THE TABLE Make up a plate of juicy lamb chops, drizzled with the mustard & thyme sauce. Side with the crispy onion rings and smashed potatoes. Place the dressed salad on the side and finish it off with a scattering of the remaining nuts.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	696kJ
Energy	166kcal
Protein	6.3g
Carbs	11g
of which sugars	2.3g
Fibre	1.4g
Fat	10.4g
of which saturated	4.5g
Sodium	60mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook
within 3
Days