



# UCOOK

## Caper Garlic Lamb Chops

**with green beans & colcannon mashed potatoes**

Juicy lamb chops smothered in a delish caper-garlic sauce, served with creamy mashed potatoes laced with soft sautéed cabbage and sided with vibrant charred green beans.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Easy Peasy

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 Niel Joubert | Reserve Shiraz

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## Ingredients & Prep

|      |                                                               |
|------|---------------------------------------------------------------|
| 200g | Potato<br><i>peeled &amp; cut into bite-sized pieces</i>      |
| 100g | Green Beans<br><i>trimmed</i>                                 |
| 15g  | Flaked Almonds                                                |
| 100g | Cabbage<br><i>thinly sliced</i>                               |
| 175g | Lamb Leg Chops                                                |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                    |
| 30ml | Red Wine Vinegar                                              |
| 15g  | Capers<br><i>drained &amp; roughly chopped</i>                |
| 2g   | Fresh Rosemary<br><i>rinsed, picked &amp; roughly chopped</i> |

## From Your Kitchen

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

**1. MASH** Place a pot of salted water over a high heat. Add the potato pieces and bring to a boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter (optional). Season to taste and cover to keep warm.

**2. PREP** Place a pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the trimmed green beans with some salt and pepper for 4-5 minutes until lightly charred but still al dente. Remove from the pan on completion. Wipe and dry the pan. Return it to 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. SAUTÉ** Return the pan to a medium heat with a drizzle of oil. When hot, add in the sliced cabbage and sauté for 2-3 minutes until the cabbage is slightly wilted. In the final minute, add a knob of butter (optional) and season to taste. On completion, mix  $\frac{1}{2}$  the cabbage through the mash, adding some seasoning if necessary. Cover and set aside.

**4. LAMB CHOPPITY CHOP** Pat the lamb chops dry with some paper towel. Rub a drizzle of oil, salt, and some pepper into each chop. Return the pan to a high heat. When hot, sear the chops fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the chop and the heat of your pan.)

**5. SAUCE** Return the pan to a medium-high heat and deglaze with a splash of water. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting regularly. Add in the vinegar and 1 tsp of a sweetener of choice. Cook until the vinegar is almost all evaporated, about 1-2 minutes. Add in the drained capers, picked rosemary, 40ml of water and some seasoning. Mix until combined, reduce the heat to medium-low and leave to simmer for 2-3 minutes until slightly reduced. Swirl in a knob of butter (optional) and remove from the heat.

**6. YUM** Serve up a heap of the colcannon-style mashed potato. Plate up the lamb chops and side with the charred green beans and remaining cabbage. Pour over the caper-garlic sauce and garnish with the toasted almonds. Dig in!



## Chef's Tip

Deglazing is a technique for lifting browned food residue from the base of a pan by adding in liquid and stirring it. This mixture is then used to add flavour to sauces, soups, and gravies.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 572kJ   |
| Energy             | 137Kcal |
| Protein            | 7.2g    |
| Carbs              | 7g      |
| of which sugars    | 3.3g    |
| Fibre              | 1.8g    |
| Fat                | 8.5g    |
| of which saturated | 3.3g    |
| Sodium             | 91mg    |

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days