

# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Quick & Easy

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 Vilafonté | Seriously old dirt 2021

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## Ingredients & Prep

200g	Potato Chunks
1	Onion <i>peel &amp; roughly slice</i>
12,5ml	Spiced Indian Rub <i>(10ml NOMU Indian Rub &amp; 2,5ml Dried Chilli Flakes)</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
40g	Peas <i>drain</i>
175g	Free-range Lamb Leg Chops
20ml	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