



# UCOOK

## Lamb Chops & Yorkshire Pudding

**with minty peas, roasted sweet potatoes & gravy**

You can't beat the classics! Lamb chops and homemade Yorkshire puds are served with minty peas and a delicious thick gravy. A Sunday dinner, any night of the week! Go ahead, you'll have light & fluffy Yorkshire puddings coming out of your oven in no time.

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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:** Megan Bure

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 Adventurous Foodie

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 Boschendal | Stellenbosch Cabernet Sauvignon

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into bite-sized chunks</i>
15ml	Cake Flour
30ml	Fresh Milk
175g	Free-range Lamb Chops
3g	Fresh Rosemary <i>rinsed, picked &amp; dried</i>
1	Garlic Clove <i>peeled &amp; grated</i>
50g	Peas
1	Lemon <i>½ zested &amp; cut into wedges</i>
4g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
10ml	Beef Stock
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel  
Butter  
Muffin Tin/Ramekins

**1. YORKIE BATTER** Preheat the oven to 210°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway. Set aside 5ml of the flour for the gravy. In a bowl, add 1 egg, the milk, the remaining flour, and seasoning. Mix until smooth - don't overmix your batter. Place the bowl of batter in the fridge and leave to rest for at least 15 minutes.

**2. READY THE TIN** Boil a full kettle. Grease a muffin pan or a ramekin with oil. Add about 5mm-1cm of oil into each cup or ramekin and place in the oven to heat up until very hot. When hot, remove the tray from the oven and, working quickly, pour a small amount of batter into each oiled cup or ramekin and return to the oven for 20-25 minutes until risen and golden.

**3. LAMB PERFECTION** Pat the lamb chops dry with some paper towel. Place a pan over a high heat with a drizzle of oil. When hot, sear the chops for 1-2 minutes until crispy. Flip, add a knob of butter, the picked rosemary, and the grated garlic. Sear for a further 1-2 minutes or until cooked to your preference. Sear the fat side if necessary. Remove from the pan on completion, leaving the pan juices in the pan, and allow to rest for 5 minutes before lightly seasoning.

**4. PEAS & MINT** Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and add the lemon zest and ½ the chopped mint.

**5. GRAVY BABY!** Dilute the stock with 65ml of boiling water. Return the pan, with the pan juices, to a medium heat. When hot, whisk in the diluted stock and the reserved flour until well combined. Lower the heat slightly and allow to reduce for 5-7 minutes until thickened, stirring occasionally. On completion, add ½ the chopped parsley, cover to keep warm, and set aside for serving.

**6. IT'S TIME TO DINE!** Dish up the lamb chops, the roasted sweet potato, and the golden yorkie! Serve the minty peas alongside and drizzle the gravy over the chops and sweet potato. Sprinkle over the remaining parsley and mint, and serve with a lemon wedge on the side. Divine, Chef!



## Chef's Tip

The key to Yorkshire puddings puffing up is very hot oil. Ensure the pan with the oil goes in the oven for at least 5 minutes before pouring in the batter, this will cause the batter to start rising immediately!

## Nutritional Information

Per 100g

Energy	631kj
Energy	151Kcal
Protein	6.4g
Carbs	11g
of which sugars	3.6g
Fibre	1.9g
Fat	8.5g
of which saturated	3.6g
Sodium	70mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days