



UCOOK

Savanna's Pistachio Gremolata & Lamb

with sherry baby onions


In this recipe, you will be giving gremolata a go, which is a simple green Italian condiment made from parsley, garlic & lemon zest. Our UCOOK version contains toasted pistachio nuts for that extra flavour flair. This will be spooned over butter-basted, oregano-spiced lamb chops, sided with sherry-infused onions and golden, oven roasted potatoes.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Savanna

 Adventurous Foodie

 No paired wines

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Ingredients & Prep

200g	Baby Potato <i>rinsed</i>
10g	Pistachio Nuts
5ml	Chicken Stock
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Capers <i>drained & roughly chopped</i>
1	Lemon <i>rinsed, zested & cut into wedges</i>
3	Pearled Baby Onions <i>peeled & halved, keeping the stems intact</i>
30ml	Sherry
20g	Green Leaves <i>rinsed</i>
175g	Free-range Lamb Leg Chops
5ml	Dried Oregano

From Your Kitchen

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

1. PARBOIL POTATOES Preheat the oven to 200°C. Place the 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. TOASTED 'STATCHIOS Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and finely chop.

3. GREMOLATA Boil the kettle. Dilute the stock with 150ml of boiling water and set aside. In a small bowl, combine the toasted pistachios, the chopped parsley, ½ the grated garlic (to taste), ½ the chopped capers, the lemon zest (to taste), and a squeeze of lemon juice. Season.

4. SMASHED POTATOES 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 hot oven until crispy, 15-20 minutes.

5. SHERRY ONIONS Return the pan to medium heat with a drizzle of oil. When hot, fry the halved onions until browned, 4-5 minutes. Add the sherry, 10ml of sweetener, and a pinch of salt. Cook until almost evaporated. Pour in the diluted stock and simmer until reduced, thickened, and the onions are soft, 8-10 minutes (turning them at the halfway mark). In the final 1-2 minutes, add a knob of butter, the remaining capers, the remaining garlic, and the rinsed green leaves. Remove from the pan and season.

6. SIZZLING LAMB Return the pan, wiped down, 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 and the dried oregano. Remove from the pan, season, and rest for 5 minutes.

7. TIME TO EAT Plate up the golden smashed potatoes, side with the sizzling lamb chops, and top the lamb with the pistachio gremolata. Serve alongside the soft baby onion mixture. Nice one, Chef!

Chef's Tip

Air fryer method: Place the parboiled potatoes in the airfryer tray. Press with a fork, splitting the skin, but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	6.2g
Carbs	11g
of which sugars	2.9g
Fibre	1.8g
Fat	6.6g
of which saturated	2.6g
Sodium	141mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days