



UCCOOK

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.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Easy Peasy

 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

600g	Potato <i>peeled & cut into bite-sized pieces</i>
300g	Green Beans <i>trimmed</i>
45g	Flaked Almonds
300g	Cabbage <i>thinly sliced</i>
525g	Lamb Leg Chops
3	Garlic Cloves <i>peeled & grated</i>
85ml	Red Wine Vinegar
45g	Capers <i>drained & roughly chopped</i>
6g	Fresh Rosemary <i>rinsed, picked & 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 20-25 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 large 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 5-6 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 3-4 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 tbsp of a sweetener of choice. Cook until the vinegar is almost all evaporated, about 2-3 minutes. Add in the drained capers, picked rosemary, 80ml of water and some seasoning. Mix until combined, reduce the heat to medium-low and leave to simmer for 3-5 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