



UCOOK

Luno's Lamb & Charred Corn Salad

with buttery baby potatoes & fresh chives

There's nothing quite as satisfying as perfectly grilled lamb chops. Treat your tastebuds with chops fried in butter and an Oriental spice rub mix, sided with classic buttery baby potatoes & chives, and a fresh salad with charred corn, peppery radish rounds, and a sweet-sour vinaigrette. Ready to feel sheepishly satisfied?

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>
20g	Radish
1	Lemon
20g	Salad Leaves
50g	Corn
175g	Free-range Lamb Leg Chops
5ml	NOMU Oriental Rub

From Your Kitchen

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

1. PERFECT POTATOES Place the halved baby potatoes in a pot of salted water over high heat. Pop on the lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 20-25 minutes until cooked through. Remove from the heat and drain. Return to the pot, add a knob of butter, ½ the chopped chives, and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Cover to keep warm.

2. PREP STEP While the potatoes are boiling, rinse the radish and slice into thin rounds. Cut the lemon into wedges. Rinse and roughly shred the salad leaves.

3. GOLDEN NUGGETS Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry for 3-4 minutes until lightly charred, shifting occasionally. Remove from the pan and set aside.

4. LUSCIOUS LAMB Return the pan to a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When the pan is hot, sear the lamb for 3-4 minutes per side, or until cooked to your preference. During the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes before serving.

5. FLAVOURFUL SALAD In a salad bowl, combine the juice of 1 lemon wedge, a drizzle of olive oil, a sweetener of choice, and seasoning. Add the charred corn, the shredded salad leaves, the radish rounds, and the remaining chives. Toss until combined.

6. THAT'S ALL, FOLKS! Plate up a juicy lamb chop. Side with the charred corn salad and the buttery potatoes. Serve with any remaining lemon wedges. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	638kJ
Energy	152kcal
Protein	6.7g
Carbs	10g
of which sugars	1.6g
Fibre	1.2g
Fat	9.3g
of which saturated	3.9g
Sodium	79mg

Allergens

Dairy, Allium, Sesame

Cook
within 3
Days