



UCOOK

Lamb & Sweet Potato Mash

with a fresh green salad

It's time to treat yourself with some luscious, butter-basted lamb chops, sided with a smooth sweet potato mash, a refreshing, zesty cucumber & green leaf salad and a sprinkling of toasted pumpkin seeds for crunch. This recipe is one for the books, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Sijnn Wines | Sijnn Red Blend

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Ingredients & Prep

250g	Sweet Potato <i>peeled, rinsed & cut into bite-sized pieces</i>
10g	Sunflower Seeds
175g	Free-range Lamb Leg Chops
5ml	NOMU Lamb Rub
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>roughly diced</i>
5ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Paper Towel
Butter

1. MASH Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. SUNFLOWER SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. LAMB CHOPS Return the pan 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 NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. GREEN SALAD In a bowl, combine the rinsed green leaves, the diced cucumber, the lemon juice (to taste), a drizzle of olive oil, seasoning, and toss to coat.

5. TIME TO EAT Plate up the creamy mash, side with the sizzling lamb chop, and the fresh green salad. Sprinkle over the toasted seeds. Well done, Chef!

Nutritional Information

Per 100g

Energy	655kJ
Energy	157kcal
Protein	6.6g
Carbs	9g
of which sugars	3.3g
Fibre	1.4g
Fat	10g
of which saturated	3.9g
Sodium	94mg

Allergens

Allium

Cook
within
4 Days