



UCOOK

Lamb Chops & Niçoise-style Potatoes

with charred baby marrow & fresh parsley

Dig into this UCOOK take on classic food pairings! Tender lamb chops are served alongside baby potatoes boiled with fresh mint leaves and mixed with olives, mayo and capers - it is basically a next-level potato salad! Charred baby marrow wedges are served alongside to add an extra element of flair, flavour and crunch!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Boschendal | Nicolas

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
4g	Fresh Mint <i>rinsed & picked</i>
10g	Capers <i>drained & roughly chopped</i>
10g	Anchovies <i>drained & roughly chopped</i>
10g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
50ml	That Mayo (Original)
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
175g	Free-range Lamb Leg Chops
1	Garlic Clove <i>peeled & grated</i>
100g	Baby Marrow <i>rinsed & sliced into wedges</i>

From Your Kitchen

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

1. MINTY SPUDS Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, add the picked mint leaves, remove the lid and reduce the heat. Allow to simmer for 20-25 minutes until cooked through and soft. Remove from the heat on completion, drain, and discard the wilted mint leaves. Place the cooked baby potatoes in a bowl along with the chopped capers, the chopped anchovies (to taste), the drained olives, the mayo, ½ the chopped parsley, and a knob of butter (optional). Mix until fully combined and season to taste - be careful the capers are salty! Cover to keep warm.

2. LAMB LOVES GARLIC Place a pan over a high heat with a drizzle of oil. Pat the lamb chops dry with some paper towel. When the pan is hot, fry the chops for 2-3 minutes per side, or until cooked to your preference. During the final 1-2 minutes, baste with a knob of butter or a drizzle of oil and the grated garlic. Remove from the pan on completion, reserving the pan juices, and allow to rest for 5 minutes.

3. MARROW WEDGES Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, fry the baby marrow wedges for 2-3 minutes until golden, shifting occasionally. Season to taste.

4. CHOP, CHOP IT'S DINNER TIME! Plate up the juicy lamb chops. Side with the beautiful Niçoise potatoes and the baby marrow wedges. Sprinkle over the remaining chopped parsley. What a dish, Chef!

Nutritional Information

Per 100g

Energy	739kJ
Energy	177Kcal
Protein	6.9g
Carbs	11g
of which sugars	1.5g
Fibre	1.3g
Fat	11.2g
of which saturated	4.4g
Sodium	199mg

Allergens

Egg, Allium, Sulphites, Fish

Cook
within 2
Days