



UCCOOK

Coca-Cola's Lamb & Sweet Potato

with chickpeas, tahini yoghurt & dried cranberries

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Coca-Cola

Pairing: Drink | Coca-Cola

Nutritional Info

	Per 100g	Per Portion
Energy	680kj	4204kj
Energy	163kcal	1005kcal
Protein	6.8g	42g
Carbs	13g	78g
of which sugars	4g	24.6g
Fibre	2.1g	13.1g
Fat	8.8g	54.1g
of which saturated	3.5g	21.5g
Sodium	81mg	501mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain & rinse</i>
10g	20g	Dried Cranberries <i>roughly chop</i>
10ml	20ml	Lemon Juice
40ml	80ml	Greek Yoghurt
7,5ml	15ml	Tahini
175g	350g	Free-range Lamb Leg Chop/s
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Rub & Flour <i>(5ml [10ml] NOMU Moroccan Rub & 5ml [10ml] Cornflour)</i>
40ml	80ml	Pomegranate Juice
3g	5g	Fresh Mint <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. **ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **SOME PREP** In a bowl, combine the chickpeas, the cranberries, the lemon juice (to taste), and season. In a small bowl, combine the yoghurt and the tahini (to taste).

3. **LAMB** Place a pan over 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. Remove from the pan, season, and rest for 5 minutes.

4. **SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary, and a knob of butter. Fry the garlic and rub & flour until fragrant, 30-60 seconds. Mix in the pomegranate juice and 50ml [100ml] of water. Simmer until thickening, 2-3 minutes. Remove from the heat and season.