



# UCOOK

## Lamb Chop & Cheese-crusted Potatoes

with a creamy salad

Dinner shouldn't be another 'to do' list item for the day. Instead, make it a special occasion to slow down after a busy day and savour great food. And this plate of buttery lamb chop, smashed potatoes with a special UCOOK spice covered in cheese, and creamy cucumber salad will make that a very easy thing to do, Chef!

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**Hands-on Time:** 50 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Hellen Mwanza

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Fan Faves

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 Neil Ellis Wines | Neil Ellis Stellenbosch  
Cabernet Sauvignon 2020

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## Ingredients & Prep

750g	Baby Potatoes <i>rinse</i>
45ml	Potato Spice <i>(15ml Ground Paprika, 15ml Garlic Powder &amp; 15ml Onion Powder)</i>
90ml	Grated Italian-style Hard Cheese
150g	Cucumber <i>rinse &amp; cut into thin rounds</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
90ml	Creamy Tangy Sauce <i>(60ml Sour Cream &amp; 30ml Lemon Juice)</i>
525g	Free-range Lamb Leg Chops

## From Your Kitchen

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

**1. PARBOILED POTATOES** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 20-25 minutes. Drain and set aside.

**2. ADD SOME SPICE & CHEESE** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Coat in oil, the potato spice, and the cheese. Roast in the hot oven until crispy, 25-30 minutes.

**3. CREAMY SALAD** While the potatoes are in the oven, combine the cucumber half-moons, the shredded leaves, the creamy tangy sauce, and seasoning in a bowl. Set aside.

**4. BUTTERY 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.

**5. SET THE TABLE** Plate up the seared lamb. Side with the cheesy potatoes and the creamy salad.



## Chef's Tip

Air fryer method: Place the parboiled, gently-split potatoes in the air fryer basket. Coat in oil, the potato spice, and the cheese. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	650kj
Energy	155kcal
Protein	7.1g
Carbs	9g
of which sugars	1.4g
Fibre	1g
Fat	9.9g
of which saturated	4.3g
Sodium	58mg

## Allergens

Egg, Allium, Cow's Milk

Eat  
Within  
4 Days