



UCCOOK

Lamb Chop & Creamed Spinach

with beetroot & almonds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	543kJ	3856kJ
Energy	130kcal	922kcal
Protein	5.5g	39.3g
Carbs	5g	32g
of which sugars	1.9g	13.5g
Fibre	1.4g	9.9g
Fat	9.3g	66.2g
of which saturated	4.2g	29.8g
Sodium	154mg	1091mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
15g	20g	Almonds <i>roughly chop</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
150g	200g	Spinach <i>rinse & shred</i>
90ml	125ml	Crème Fraîche
525g	700g	Free-range Lamb Leg Chops
45g	60g	Pitted Kalamata Olives <i>drain & halve</i>
60g	80g	Danish-style Feta <i>drain</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. **UN-BEET-ABLE** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **CRUNCH FACTOR** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **CREAMED SPINACH** Return the pan to medium heat with a drizzle of oil, and fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the spinach and cook until wilted, 3-4 minutes (shifting occasionally). Remove from the heat and mix in the crème fraîche and seasoning. If it's too thick for your liking, loosen with an extra splash of water.

4. **LIPSMACKING LAMB** Place a clean 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. You may need to do this step in batches. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and rest for 5 minutes.

5. **COLOURFUL SALAD** In a salad bowl, place the olives, the feta, the tomato and the beetroot. Toss it all together with a drizzle of olive oil and seasoning. Set aside.

6. **AMAZING!** Plate up the golden lamb and serve the creamy spinach alongside. Serve the beetroot salad on the side and finish it off with the almonds.