



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!


Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

 Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Baby Potatoes <i>rinse</i>
15ml	Potato Spice <i>(5ml Ground Paprika, 5ml Garlic Powder & 5ml Onion Powder)</i>
30ml	Grated Italian-style Hard Cheese
50g	Cucumber <i>rinse & cut into thin rounds</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
30ml	Creamy Tangy Sauce <i>(20ml Sour Cream & 10ml Lemon Juice)</i>
175g	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, 15-20 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