



UCCOOK

Lamb Chop & Creamed Spinach

with beetroot & almonds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

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 1	[Serves 2]	
150g	300g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
5g	10g	Almonds <i>roughly chop</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
50g	100g	Spinach <i>rinse & shred</i>
30ml	60ml	Crème Fraîche
175g	350g	Free-range Lamb Leg Chops
15g	30g	Pitted Kalamata Olives <i>drain & halve</i>
20g	40g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 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, 3-4 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the spinach and cook until wilted, 2-3 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. 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.