



# UCCOOK

## Lamb & Sweet Potato Mash

with a fresh green salad

It's time to treat yourself with some luscious, butter-basted lamb chops, sided with a smooth sweet potato mash, a refreshing, zesty cucumber & green leaf salad and a sprinkling of toasted pumpkin seeds for crunch. This recipe is one for the books, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Sijnn Wines | Sijnn Red Blend

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## Ingredients & Prep

750g	Sweet Potato <i>peeled, rinsed &amp; cut into bite-sized pieces</i>
30g	Sunflower Seeds
525g	Free-range Lamb Leg Chops
15ml	NOMU Lamb Rub
60g	Green Leaves <i>rinsed</i>
150g	Cucumber <i>roughly diced</i>
15ml	Lemon Juice

## From Your Kitchen

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

**1. MASH** Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

**2. SUNFLOWER SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. LAMB CHOPS** Return the pan to 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 and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

**4. GREEN SALAD** In a bowl, combine the rinsed green leaves, the diced cucumber, the lemon juice (to taste), a drizzle of olive oil, seasoning, and toss to coat.

**5. TIME TO EAT** Plate up the creamy mash, side with the sizzling lamb chops, and the fresh green salad. Sprinkle over the toasted seeds. Well done, Chef!

## Nutritional Information

Per 100g

Energy	655kJ
Energy	157kcal
Protein	6.6g
Carbs	9g
of which sugars	3.3g
Fibre	1.4g
Fat	10g
of which saturated	3.9g
Sodium	94mg

## Allergens

Allium

Cook  
within  
4 Days