



UCOOK

Lamb Chop & Spicy Smashed Potatoes

with a fresh salad

Chef, meet your new favourite way to cook potatoes. Crispy smashed potatoes are spiced up with a creamy sriracha mayo. These share a plate with a NOMU Roast Rub-spiced lamb chop, and simple green salad. Garnished with toasted sunflower seeds.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Suné van Zyl

Fan Faves

Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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

Ingredients & Prep

200g	Baby Potatoes <i>rinse</i>
10g	Sunflower Seeds
50ml	Sriracha Mayo <i>(45ml Mayo & 5ml Sriracha Sauce)</i>
175g	Free-range Lamb Leg Chops
5ml	NOMU Roast Rub
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into small bite-sized chunks</i>
1	Spring Onion <i>rinse & thinly slice</i>

From Your Kitchen

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

1. PARBOILED POTATOES Preheat the oven to 220°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. SEEDS & SAUCE 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. In a small bowl, loosen the sriracha mayo with water in 5ml increments until drizzling consistency.

3. SMASHIN' IT! 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. Drizzle over some oil and season. Roast in the hot oven until crispy, 15-20 minutes.

4. BROWNE 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 and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

5. SIMPLE SALAD In a salad bowl, toss together the rinsed green leaves, the cucumber pieces, a drizzle of olive oil, and seasoning.

6. WHAT A GREAT PLATE Plate up the crispy potatoes, drizzle with the sriracha mayo and top with the sliced spring onion. Side with the browned lamb chop and the fresh salad. Garnish with the toasted sunflower seeds. Well done, Chef!



Chef's Tip

Air fryer method: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	799kJ
Energy	191kcal
Protein	6.6g
Carbs	9g
of which sugars	2.2g
Fibre	1.1g
Fat	14.2g
of which saturated	4.1g
Sodium	132mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days