



UCCOOK

Lamb Chop & Spicy Smashed Potatoes

with a fresh salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	799kJ	4226kJ
Energy	191kcal	1010kcal
Protein	6.6g	35.1g
Carbs	9g	47g
of which sugars	2.2g	11.5g
Fibre	1.1g	5.7g
Fat	14.2g	75.2g
of which saturated	4.1g	21.9g
Sodium	132mg	697mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
200g	400g	Baby Potatoes <i>rinse</i>
10g	20g	Sunflower Seeds
50ml	100ml	Sriracha Mayo <i>(45ml [90ml] Mayo & 5ml [10ml] Sriracha Sauce)</i>
175g	350g	Free-range Lamb Leg Chops
5ml	10ml	NOMU Roast Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into small bite-sized pieces on the diagonal</i>
1	1	Spring Onion <i>rinse & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. PARBOILED POTATOES Preheat the oven to 220°C. Place the potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 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. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

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 green leaves, the cucumber, 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 spring onion. Side with the browned lamb chop and the fresh salad. Garnish with the toasted sunflower seeds. Well done, Chef!