Eat Within 3 Days

UCOOK

Tandoori Lamb Chop & Parsley Potatoes

with lemon yoghurt

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	705kJ	3530kJ
Energy	169kcal	844kcal
Protein	8g	40.1g
Carbs	10g	48g
of which sugars	2.1g	10.5g
Fibre	1.4g	7.1g
Fat	11.3g	56.6g
of which saturated	4.3g	21.7g
Sodium	151.1mg	757mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes *rinse & cut in half*
8g	10g	Fresh Parsley *rinse, pick & roughly chop*
525g	700g	Free-range Lamb Leg Chops
45ml	60ml	NOMU Indian Rub
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Sun-dried Tomatoes *roughly chop*
30g	40g	Almonds
180ml	240ml	Lemon Yoghurt *(150ml [200ml] Greek Yoghurt & 30ml [40ml] Lemon Juice)*

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. BUTTERY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain the potatoes and add a knob of butter, the parsley, and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

2. NOMU-SPICED 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.

3. TANGY, NUTTY SALAD To a salad bowl, add the salad leaves. Toss with the tomatoes, ½ the nuts, a drizzle of olive oil and seasoning. Set aside.

4. WHAT A GREAT PLATE Plate up the buttered parsley potatoes and side with the golden lamb. Serve the fresh salad alongside and dollop with the lemon yoghurt. Garnish with the remaining nuts and get ready to eat!

Chef's Tip 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.