UCOOK

Lamb Chops & Roasted Carrots

with a fresh minty yoghurt

Hands-on Time: 40 minutes
Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	500.8kJ	3515.2kJ
Energy	119.7kcal	840.5kcal
Protein	5.5g	38.7g
Carbs	8.1g	57g
of which sugars	2.9g	20g
Fibre	1.9g	13.7g
Fat	7g	48.8g
of which saturated	2.9g	20.4g
Sodium	84.1mg	590.2mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	**Carrot** *rinse, trim, peel & cut into bite-sized pieces*
2	2	**Onions** *peel & cut 1½ [2] into wedges*
125ml	160ml	**Low Fat Plain Yoghurt**
8g	10g	**Fresh Mint** *rinse & roughly chop*
45ml	60ml	**Lemon Juice**
180g	240g	**Chickpeas** *drain & rinse*
525g	700g	**Free-range Lamb Leg Chops**
22,5ml	30ml	**NOMU Roast Rub**

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter
Sugar/Sweetener/Honey (optional)
Paper Towel

1. CARROT & ONION ROAST Preheat the oven to 200℃. Spread the carrot and onion on a roasting tray. Coat in oil and 5ml of a sweetener (optional). Season and roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. MINTY YOGHURT In a bowl, combine the yoghurt, ½ the mint, and the lemon juice (to taste). Season and set aside.

3. CHICKPEAS When the roasting veg has 10-12 minutes remaining, give the tray a shift and scatter over the chickpeas. Roast for the remaining time.

4. SEARED 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. LIPSMACKING LAMB DINNER Plate up the roast veg and chickpeas, top with dollops of the minty yoghurt, and garnish the veg with the remaining mint. Side the roast veg with the lamb chop and any remaining pan juices.