



UCCOOK

Lamb Chop & Jewelled Tabbouleh

with fresh mixed herbs

No one will believe that you spent only 30 minutes cooking this one, Chef! Perfectly pan fried lamb chops are sided with a bulgur wheat salad loaded with onions, tomatoes, cucumber, dried pomegranate seeds and a herby mint & parsley medley. It's a beaut!


Hands-on Time: 35 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Isabella Melck

 Quick & Easy

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

| | |
|-------|--|
| 300ml | Bulgur Wheat |
| 200g | Cucumber |
| 2 | Tomatoes |
| 20g | Mixed Herbs <i>(10g Fresh Mint & 10g Fresh Parsley)</i> |
| 1 | Onion |
| 700g | Free-range Lamb Leg Chops |
| 30ml | NOMU Moroccan Rub |
| 40g | Dried Pomegranate Gems |
| 40ml | Lemon Juice |

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. QUICK PREP Roughly dice the cucumber and the tomato/es. Rinse, pick, and roughly chop the mixed herbs. Peel and roughly dice the onion.

3. SIZZLING CHOPS 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.

4. FRY THE ONION Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion until soft, 4-5 minutes. Remove from the pan.

5. ALL TOGETHER When the bulgur wheat is done, add the cooked onions, the chopped herbs, the diced tomatoes & cucumber, dried pomegranate seeds, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Plate up the jeweled tabbouleh, side with the lamb chops, and drizzle over the lemon juice (to taste). Good job, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 726kj |
| Energy | 174kcal |
| Protein | 7.8g |
| Carbs | 13g |
| of which sugars | 2g |
| Fibre | 2.5g |
| Fat | 10.1g |
| of which saturated | 4.2g |
| Sodium | 100mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days