



UCCOOK

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: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	733kJ	3650kJ
Energy	175kcal	872kcal
Protein	8.1g	40.2g
Carbs	10g	48g
of which sugars	2g	10.1g
Fibre	1.6g	8g
Fat	11.4g	56.8g
of which saturated	4.4g	22g
Sodium	121mg	602mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

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

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 green leaves. Toss with the tomatoes, ½ the nuts, a drizzle of 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.