



UCCOOK

Za'atar Lamb Chops & Roasted Carrots

with a fresh minty yoghurt

Let's transport you from your kitchen to the Middle East with the nutty, tangy flavours of za'atar spice. Used in this recipe to baste with butter on a juicy lamb chop and served with oven-roasted carrot, onion & chickpeas. Dolloped with mint-infused yoghurt for creaminess.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Carb Conscious

Groote Post Winery | Groote Post Merlot

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
40ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinse & roughly chop</i>
15ml	Lemon Juice
60g	Chickpeas <i>drain & rinse</i>
175g	Free-range Lamb Leg Chops
7,5ml	Old Stone Mill Za'atar Spice

From Your Kitchen

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

1. CARROT & ONION ROAST Preheat the oven to 200°C. Spread the carrot pieces and onion wedges on a roasting tray. Coat in oil and 5ml of a sweetener of your choice (optional). Season and roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MINTY YOGHURT In a bowl, combine the yoghurt, ½ the chopped 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 drained chickpeas. Roast for the remaining time.

4. ZA'ATAR 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 ½ of the za'atar spice. 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, garnish the veg with the remaining mint, and sprinkle over the remaining za'atar (to taste). Side the roast veg with the lamb chop and any remaining pan juices.

Nutritional Information

Per 100g

Energy	495kj
Energy	118kcal
Protein	5.4g
Carbs	8g
of which sugars	2.8g
Fibre	1.9g
Fat	7g
of which saturated	2.9g
Sodium	33mg

Allergens

Cow's Milk, Allium, Sesame

Eat
Within
4 Days