UCOOK

TRILLENNIUM's Moroccan-style Lamb

with chickpeas, tahini yoghurt & dried cranberries

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: TRILLENNIUM

Nutritional Info	Per 100g	Per Portion
Energy	675kJ	4173kJ
Energy	161kcal	998kcal
Protein	6.8g	42.2g
Carbs	13g	80g
of which sugars	4.2g	26.1g
Fibre	2.1g	13.1g
Fat	8.7g	54g
of which saturated	3.5g	21.5g
Sodium	81mg	503mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato *rinse & cut into bite-sized pieces*
180g	240g	Chickpeas *drain & rinse*
30g	40g	Dried Cranberries *roughly chop*
30ml	40ml	Lemon Juice
125ml	160ml	Greek Yoghurt
22,5ml	30ml	Tahini
525g	700g	Free-range Lamb Leg Chops
2	2	Garlic Cloves *peel & grate*
30ml	40ml	Rub & Flour *(15ml [20ml] NOMU Moroccan Rub & 15ml [20ml] Cornflour)*
125ml	160ml	Cranberry Juice
8g	10g	Fresh Mint *rinse, pick & roughly tear*

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SOME PREP In a bowl, combine the chickpeas, the cranberries, the lemon juice (to taste), and season. In a small bowl, combine the yoghurt and the tahini (to taste).

3. 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. Remove from the pan, season, and rest for 5 minutes.

4. SAUCE Return the pan to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the garlic and rub & flour until fragrant, 30-60 seconds. Mix in the cranberry juice and 150ml [200ml] of water. Simmer until thickening, 3-4 minutes. Remove from the heat and season.

5. DINE LIKE ROYALTY Smear the yoghurt mixture on one side of the plate, top with the sweet potato, drizzle over the sauce, and serve the lamb chop/s and the chickpea salsa on the side. Garnish with the mint. Cheers, Chef!