



WCOOK

Lemon Glazed Lamb Chops

with caramelised onion, sun-dried tomatoes & cucumber

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	681kj	3867kj
Energy	163kcal	925kcal
Protein	7.1g	40.3g
Carbs	15g	87g
of which sugars	2.9g	16.7g
Fibre	2.6g	14.7g
Fat	9.1g	51.7g
of which saturated	3.6g	20.3g
Sodium	41mg	232mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
1	1	Onion <i>peel & roughly slice</i>
75ml	150ml	Bulgur Wheat
40ml	80ml	Lemon Juice
175g	350g	Free-range Lamb Leg Chops
50g	100g	Cucumber <i>rinse & dice</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ONION & CORN Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste) and the corn. Remove from the pan, season, and cover.

2. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain (if necessary), fluff with a fork, and set aside.

3. SOME PREP In a small bowl, combine $\frac{3}{4}$ of the lemon juice with 1 [2] tbsp of sweetener.

4. LAMB 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 2-3 minutes, baste with a knob of butter and the lemon mixture. Remove from the pan, reserving the pan juices, season, and rest for 5 minutes.

5. JUST BEFORE SERVING In a salad bowl, combine the bulgur, the cucumber, the onion, the sun-dried tomatoes, and a drizzle of olive oil.

6. TIME TO EAT Plate up the loaded bulgur and top with the sizzling lamb chop/s. Drizzle over the reserved pan juices and the remaining lemon juice. Garnish with the parsley. Well done, Chef!