



UCOOK

Lamb & Roasted Radish

with red pepper hummus & carrot wedges

Few things that can make the stresses of the day melt away like a luscious lamb chop accompanied by a roasted vegetable medley - it's like a warm hug from a good old friend. We've added a few refinements to this old-time favourite, so now you can enjoy this comforting dish with roasted radish halves & red pepper hummus for dunking. There's nowhere like home, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford The Library
Collection Cabernet Franc 2017

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
1	Onion <i>½ peeled & cut into wedges</i>
10ml	NOMU Roast Rub
20g	Green Leaves <i>rinsed & roughly shredded</i>
40g	Radish <i>rinsed & cut in half</i>
175g	Free-range Lamb Leg Chops
4g	Fresh Chives <i>rinsed & finely chopped</i>
30ml	Red Pepper Hummus

From Your Kitchen

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

1. MAKE SOME OVEN MAGIC Preheat the oven to 200°C. Spread out the carrot & onion wedges on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. SIMPLE SALAD In a bowl, combine the shredded leaves with a drizzle of oil and seasoning. Set aside.

3. ROASTED RADISH When the carrots reach the halfway mark, add the halved radish to the tray and give the tray a shift. Roast for the remaining time until soft.

4. CHOP-CHOP, CHEF! Place a pan over medium-high heat with a drizzle of oil. Pat the lamb chop dry with paper towel. When the pan is hot, sear the chop, fat-side down, for 3-4 minutes per side, or until cooked to your preference. During the final 1-2 minutes, baste with a knob of butter (optional) and the remaining rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes.

5. IT'S DINE O'CLOCK Plate up the lamb chop and drizzle over the reserved pan juices. Side with the roasted veg and the dressed leaves. Garnish with the chopped chives. Serve with the hummus for dunking. Dig in, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the veggies? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-20 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	584kj
Energy	139kcal
Protein	6.5g
Carbs	6g
of which sugars	2.3g
Fibre	1.6g
Fat	10.1g
of which saturated	4.2g
Sodium	166mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days