



# QCOOK

## Rosemary Lamb Chop

with a fresh salad

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Pebble Hill

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 655kj    | 4236kj      |
| Energy             | 157kcal  | 1013kcal    |
| Protein            | 6.3g     | 40.6g       |
| Carbs              | 8g       | 51g         |
| of which sugars    | 4g       | 25.6g       |
| Fibre              | 1.8g     | 11.6g       |
| Fat                | 10.8g    | 70.1g       |
| of which saturated | 5.2g     | 33.8g       |
| Sodium             | 63mg     | 408mg       |

**Allergens:** Sulphites, Cow's Milk

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 45ml     | 60ml       | Carrots Spice<br><i>(7.5ml [10ml] Cumin Seeds,<br/>7.5ml [10ml] Turmeric &amp;<br/>30ml [40ml] Brown Sugar)</i> |
| 720g     | 960g       | Carrot<br><i>rinse, trim, peel &amp; cut into<br/>chunks on the diagonal</i>                                    |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>   |
| 525g     | 700g       | Free-range Lamb Leg Chop  |
| 8g       | 10g        | Fresh Rosemary<br><i>rinse</i>  |
| 150ml    | 200ml      | Crème Fraîche   |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>   |
| 30ml     | 40ml       | Lemon Juice   |
| 45ml     | 60ml       | Red Wine Vinegar  |
| 60ml     | 80ml       | Salad Leaves<br><i>rinse &amp; roughly shred</i>  |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>  |

## From Your Kitchen

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

**1. CARROTS** Preheat the oven to 200°C. Melt 45g [60g] of butter and mix with the carrot spice and set aside. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). In the final 12-15 minutes, coat the carrots with the butter mixture and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

**2. CHICKPEAS** Coat the chickpeas in oil and season. When the carrot has been in for 10 minutes, scatter over the chickpeas and roast until crispy.

**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, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the rosemary. Remove from the pan, season, and rest for 5 minutes.

**4. SOME PREP** Combine the crème fraîche with feta and a drizzle of lemon juice (to taste). Mash with a fork until a chunky texture. In a salad bowl, combine the vinegar with a drizzle of olive oil, and mix to emulsify. Add the salad leaves and the cucumber. Toss to coat and season.

**5. TIME TO DINE** Dish up the carrots, add dollops of the crème fraîche mixture, and side with lamb. Serve alongside the salad and enjoy, Chef.