



UCOOK

Lamb Chops & Mint-garlic Sauce

with a loaded tabbouleh salad

Dare we say that lamb & mint will always be a match made in heaven? These lamb chops drizzled with a garlic & mint sauce make for an elegant dish fit for any occasion. Complete with a loaded bulgur wheat tabbouleh salad, say hello to the new dish at the top of your easy gourmet list!


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford The Library
Collection Spring Shiraz 2017

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Ingredients & Prep

75ml	Bulgar Wheat
1	Garlic Clove
4g	Fresh Mint
1	Tomato
20g	Salad Leaves
50g	Cucumber
20ml	Sesame-soy <i>(5ml Rice Wine Vinegar, 10ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>
2,5ml	Dried Chilli Flakes
175g	Free-range Lamb Chops
5ml	NOMU Lamb Rub

From Your Kitchen

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

1. LET'S BE BULGUR! Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

2. PREP IN YOUR STEP While the bulgur is steaming, peel and grate the garlic. Rinse and roughly chop the mint. Roughly dice ½ the tomato. Rinse and roughly shred the salad leaves. Roughly dice the cucumber.

3. MINT-GARLIC SAUCE In a bowl, combine the sesame-soy, ¾ of the chopped mint, the chilli flakes (to taste) and the grated garlic - both to taste. Set aside.

4. SEAR-IOUSLY GOOD CHOPS Pat the lamb chop dry with paper towel and season. Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, sear the chop for 3-4 minutes per side or until cooked to your preference. During the final 1-2 minutes, baste with a knob of butter or drizzle of oil and the rub. Remove from the pan and rest for 5 minutes.

5. IT'S TABBOULEH TIME In a salad bowl, combine the diced tomato, the remaining mint, the diced cucumber, the shredded salad leaves, the cooked bulgur, a drizzle of oil, and seasoning.

6. VOILA! Plate up the loaded tabbouleh. Side with the lamb chop and drizzle over the mint-garlic sauce. Well done, Chef!

Nutritional Information

Per 100g

Energy	719kj
Energy	172kcal
Protein	7.8g
Carbs	12g
of which sugars	1.3g
Fibre	2.2g
Fat	10.7g
of which saturated	4.2g
Sodium	151.6mg

Allergens

Gluten, Allium, Sesame, Sulphites, Soy, Wheat.

Cook
within
4 Days