



UCOOK

Lamb Chop & Roast Veg

with minty yoghurt

What better way to brighten your day with a soul-satisfying meal, Chef? A lamb chop is seared in butter and served with a beautiful veggie medley that's roasted in the oven with fresh rosemary, featuring carrot wedges, baby onions, & golden cabbage. Finished with a mint-infused yoghurt and toasted sunflower seeds.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Carb Conscious

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
3	Baby Onions <i>peel & cut in half, keeping the stems intact</i>
3g	Fresh Rosemary <i>rinse</i>
100g	Cabbage <i>rinse & cut into large bite-sized pieces</i>
10g	Sunflower Seeds
175g	Free-range Lamb Leg Chop
30ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST VEG MEDLEY Preheat the oven to 200°C. Spread the carrot wedges and onion halves on a roasting tray. Coat in oil, the rinsed rosemary and season. In a bowl, coat the cabbage chunks in oil, season and set aside. Roast the carrot & onion halves in the hot oven until golden, 25-30 minutes (shifting halfway). At the halfway mark, scatter over the cabbage chunks, and roast for the remaining time until turning lightly golden.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. LIPSMACKING LAMB When the roast has 8-10 minutes to go, 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. COOLING YOGHURT In a small bowl, combine the yoghurt with ½ the chopped mint. Season and set aside.

5. BYE, ROSEMARY When the roast is done, remove from the oven, and remove the rosemary.

6. A MEAL IN MINT CONDITION Plate up the golden lamb, serve the roasted veg alongside, and crumble the drained feta over the roast. Dollop over the minty yoghurt and finish with a scattering of toasted seeds and the remaining mint.



Chef's Tip

Air fryer method: Coat the carrot wedges, cabbage chunks, and onion halves in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	456kJ
Energy	109kcal
Protein	5.3g
Carbs	9g
of which sugars	4.3g
Fibre	2.1g
Fat	6.8g
of which saturated	2.9g
Sodium	64mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days