



UCOOK

Balsamic Glazed Lamb Chop

with fluffy couscous & olives

There are few things as satisfying as sitting down in front of an inviting meal, Chef! Couscous is loaded with plump peas, tangy tomato, cooling cucumber, & briny olives. Served with a rosemary-infused browned lamb chop, coated in a mustardy balsamic glaze.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

KWV - The Mentors | KWV The Mentors
Cabernet Franc

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Ingredients & Prep

| | |
|-------|--|
| 225ml | Couscous |
| 120g | Peas |
| 525g | Free-range De-boned Lamb Leg |
| 90ml | Balsamic Glaze <i>(75ml Balsamic Vinegar & 15ml Wholegrain Mustard)</i> |
| 8g | Fresh Rosemary <i>rinse</i> |
| 2 | Tomatoes <i>rinse & roughly dice</i> |
| 150g | Cucumber <i>rinse & roughly dice</i> |
| 60g | Pitted Kalamata Olives <i>drain & roughly slice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. COUSCOUS & PEAS Boil the kettle. Place the couscous and the peas in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. LAMB Combine the balsamic glaze with 30ml of sweetener and set aside. 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, the rinsed rosemary, and the balsamic glaze. Remove from the pan with all the pan juices, season, and rest for 5 minutes.

3. JUST BEFORE SERVING In a bowl with the couscous, add the diced tomato, the cucumber, the sliced olives, a generous drizzle of olive oil, and season.

4. DINNER IS READY Bowl up the loaded couscous, top with the lamb chops, and drizzle over the reserved pan juices. Well done, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 737kJ |
| Energy | 176kcal |
| Protein | 8.1g |
| Carbs | 12g |
| of which sugars | 2.7g |
| Fibre | 2g |
| Fat | 10g |
| of which saturated | 4g |
| Sodium | 75.2mg |

Allergens

Cow's Milk, Gluten, Wheat, Sulphites

Eat
Within
4 Days