

Eat Within 4 Days

QCOOK

Thyme-basted Lamb Chop & Seasonal Veg

with Danish-style feta

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	587kJ	3708kJ
Energy	140kcal	887kcal
Protein	7.1g	45g
Carbs	7g	46g
of which sugars	1.6g	9.8g
Fibre	1.6g	9.8g
Fat	8.9g	56.2g
of which saturated	4g	25g
Sodium	659mg	4163mg

Allergens: Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Baby Potatoes *rinse & cut into half*
3g	5g	Fresh Rosemary *rinse & halve*
200g	400g	Baby Marrow *rinse, trim & cut into bite-sized pieces*
10ml	20ml	Greek Seasoning
175g	350g	Free-range Lamb Leg Chop
60g	120g	Chickpeas *drain & rinse*
7.5ml	15ml	Dried Thyme
30g	60g	Danish-style Feta *drain*

From Your Kitchen

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

1. BUTTERY BABY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 10-15 minutes. Drain, return to medium heat with rosemary, a generous knob of butter, and seasoning. Cook until the butter is melted and the potatoes are lightly golden, 3-4 minutes (shifting occasionally). Remove from the heat and discard the rosemary sprigs just before serving.

2. FRAGRANT VEGGIES Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes. At the halfway mark, add ½ of the Greek seasoning. Remove from the pan and season. Return the pan to medium heat with a drizzle of oil (if necessary). Fry the chickpeas until starting to brown, 4-6 minutes, shifting as they colour. Add the remaining Greek seasoning and fry until fragrant, 1-2 minutes. Remove from the pan and set aside.

3. LUSCIOUS LAMB Place another 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 thyme. Remove from the pan, season, and rest for 5 minutes.

4. HEAVENLY HOMEMADE MEAL Plate up the soft potatoes, topping them with the baby marrow and chickpeas. Crumble over the feta and side with the juicy lamb chop. Dinner is ready, Chef!

Chef's Tip For golden potatoes, coat them in a drizzle of oil and Greek seasoning. Roast in the airfryer at 200°C until golden, 20-25 minutes. At the halfway mark, shift the potatoes and add the baby marrows and chickpeas. Roast until golden and cooked through.