



UCCOOK

Lamb Chop & Jewelled Quinoa

with fresh mixed herbs

No one will believe that you spent only 30 minutes cooking this one, Chef! Perfectly pan fried lamb chops are sided with a quinoa salad loaded with onions, tomatoes, cucumber, dried pomegranate seeds and a herby mint & parsley medley. It's a beaut!


Hands-on Time: 35 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Isabella Melck

 Quick & Easy

 Harry Hartman | Somesay Shiraz

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Quinoa <i>rinsed</i>
200g	Cucumber
2	Tomatoes
20g	Mixed Herbs <i>(10g Fresh Mint & 10g Fresh Parsley)</i>
1	Onion
700g	Free-range Lamb Leg Chops
30ml	NOMU Moroccan Rub
40g	Dried Pomegranate Gems
40ml	Lemon Juice

From Your Kitchen

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

1. QUINOA Place the rinsed quinoa in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. QUICK PREP Rinse and roughly dice the cucumber and the tomatoes. Rinse, pick, and roughly chop the mixed herbs. Peel and roughly dice the onion.

3. SIZZLING CHOPS 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 and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. FRY THE ONION Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion until soft, 4-5 minutes. Remove from the pan.

5. ALL TOGETHER When the quinoa is done, add the cooked onions, the chopped herbs, the diced tomatoes and cucumber, dried pomegranate seeds, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Plate up the jeweled quinoa, side with the lamb chops, and drizzle over the lemon juice (to taste). Good job, Chef!

Nutritional Information

Per 100g

Energy	754kJ
Energy	180kcal
Protein	8.1g
Carbs	13g
of which sugars	2.4g
Fibre	1.8g
Fat	10.8g
of which saturated	4.2g
Sodium	100mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days