



UCOOK

Lamb Chop & Minty Peas

with Danish-style feta dressed carrots

This is no ordinary lamb and veggie combination, Chef. Oven roasted carrots are elevated with a sweet-spicy feta mixture, then dished up next to NOMU Mexican Spice blend lamb chops, basted with butter. Sided with a feta & mint pea medley with a zest of lemon juice.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 Quick & Easy

 Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
120g	Peas
90g	Danish-style Feta <i>drain & crumble</i>
8g	Fresh Mint <i>rinse, pick & finely chop</i>
30ml	Lemon Juice
30g	Sliced Pickled Jalapeños <i>drain & finely chop</i>
525g	Free-range Lamb Leg Chops
15ml	NOMU Mexican Spice Blend

From Your Kitchen

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

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. MINTY PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Add ½ the crumbled feta and ¾ of the chopped mint. Smash with a fork or potato masher until chunky.

3. SPICY FETA MIX In a bowl, combine the remaining feta with the lemon juice (to taste), the chopped jalapeños (to taste), a sweetener, a drizzle of oil, and seasoning. Set aside.

4. FANCY CARROTS When the carrots have 5 minutes remaining, scatter over the feta & jalapeño mixture. Return to the oven for the remaining time.

5. BUTTER-BASTED LAMB 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.

6. 10 OUT OF 10! Serve the loaded carrot wedges with the spicy lamb chop. Side with the minty peas and scatter over the remaining mint.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	630kj
Energy	151kcal
Protein	7.3g
Carbs	6g
of which sugars	3.1g
Fibre	1.9g
Fat	10.7g
of which saturated	4.9g
Sodium	135.5mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days