



# UCOOK

## Lamb Chop & Minty Peas

with cucumber & couscous

With a curtsy and a nod to British cuisine, these minty peas are added to fluffy couscous with fresh cucumber & creamy feta. Complemented with a butter-basted, browned lamb chop, and dollops of lemony yoghurt. You'll be properly chuffed after tasting this dinner, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Quick & Easy

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Domaine Des Dieux | Sangiovese 2017

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## Ingredients & Prep

225ml	Couscous
525g	Free-range Lamb Leg Chops
150g	Peas
60g	Danish-style Feta <i>drain</i>
8g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
150g	Cucumber <i>rinse &amp; roughly dice</i>
150ml	Low Fat Plain Yoghurt
30ml	Lemon Juice

## From Your Kitchen

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

**1. COUSCOUS** Boil the kettle. Place the couscous 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** 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.

**3. JUST BEFORE SERVING** In a bowl, using a fork, slightly mash the peas, the drained feta, and the chopped mint. Add the cooked couscous, the diced cucumber, a drizzle of olive oil, seasoning, and mix to combine. In a small bowl, combine the yoghurt and the lemon juice (to taste), and season.

**4. TIME TO EAT** Plate up the loaded couscous, side with the lamb, and finish off with dollops of lemony yoghurt. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	866kJ
Energy	207kcal
Protein	10.3g
Carbs	13g
of which sugars	1.8g
Fibre	1.9g
Fat	11.8g
of which saturated	5.3g
Sodium	85mg

## Allergens

Gluten, Wheat, Cow's Milk

Eat  
Within  
4 Days