



UCOOK

Tandoori Lamb Chop

with roasted beetroot & a coriander yoghurt

After this inspired Indian meal, you will sit back and bask in the feeling of complete culinary satisfaction. Oven-roasted beets share a plate with aromatic Tandoori lamb, expertly spiced to bring out the best in the meat while complementing the rest of the flavours: coriander-infused yoghurt, a chilli-cucumber salsa, and crispy poppadoms.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Carb Conscious

Creation Wines | Creation Syrah Grenache

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Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
50g	Cucumber <i>rinse & roughly dice</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
30ml	Low Fat Plain Yoghurt
175g	Free-range Lamb Leg Chops
15ml	Tandoori Mix <i>(10ml NOMU Indian Rub & 5ml Smoked Paprika)</i>
2	Poppadoms

From Your Kitchen

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

1. BEGIN THE BEET Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. SPICY CUCUMBER & COOLING YOGHURT In a bowl, combine a drizzle of olive oil, and seasoning together. Add the diced cucumber, the chopped chilli (to taste), ½ the chopped coriander, and toss to combine. Set aside in the fridge. In a separate bowl, combine the yoghurt with the remaining coriander, seasoning and set aside.

3. TANDOORI 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 tandoori mix. Remove from the pan, season, and rest for 5 minutes.

4. PUFFY POPPADOMS Heat the poppadoms in the microwave until crispy, 20-30 seconds. (Alternatively: Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up).

5. DINNER = DONE Plate up the roasted beets and side with the tandoori lamb. Dollop over the herby yoghurt, side with the salsa, and the crispy poppadoms. Well done, Chef!

Nutritional Information

Per 100g

Energy	594kJ
Energy	142kcal
Protein	7.3g
Carbs	6g
of which sugars	1.1g
Fibre	1.7g
Fat	9.6g
of which saturated	4g
Sodium	215mg

Allergens

Cow's Milk, Allium

Eat
Within
4 Days