



UCCOOK

Rosemary Lamb Chop & Roasted Veg

with a minty yoghurt

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	536kJ	3366kJ
Energy	128kcal	805kcal
Protein	5.9g	36.8g
Carbs	8g	47g
of which sugars	2.8g	17.5g
Fibre	2g	12.3g
Fat	8.5g	53.3g
of which saturated	3.3g	20.8g
Sodium	100mg	628mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
100g	200g	Leeks <i>trim & cut in half lengthways, rinse thoroughly & roughly slice</i>
10ml	20ml	NOMU Italian Rub
50g	100g	Kale <i>rinse & roughly shred</i>
10g	20g	Sunflower Seeds
30ml	60ml	Low Fat Plain Yoghurt
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
175g	350g	Free-range Lamb Leg Chop
3g	5g	Fresh Rosemary <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. LOADED VEG ROAST Preheat the oven to 200°C. Spread the carrot and leeks on a roasting tray. Toss with oil, the NOMU rub and seasoning. In a bowl, lightly coat the kale in oil, and seasoning. Using your hands, massage until softened and coated, then set aside. Roast the veg in the oven until golden, 20-25 minutes (shifting halfway). In the final 10 minutes, scatter over the kale, and roast for the remaining time.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. MINTY YOGHURT In a small bowl, combine the yoghurt with ½ the mint. Season and set aside.

4. ROSEMARY LAMB When the roast has 8-10 minutes to go, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb together with the rosemary until the lamb has 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. Discard the rosemary sprig.

5. A TASTE SENSATION Plate up the crispy kale, topped with the roasted veg. Dollop over the minty yoghurt and finish with a scattering of seeds and the remaining mint. Side with the rosemary-basted lamb. Yum, Chef!