



UCOOK

Lemon Glazed Lamb Chops

with caramelised onion, sun-dried tomatoes & cucumber

A light lamb dish that is as refreshing as it is luscious. It begins with the nutty flavour notes of bulgur wheat, featuring pops of tangy sun-dried tomatoes, sweet onions & cooling cucumber. The dish continues with zesty lamb chops and finishes with a lemon juice drizzle and fresh parsley.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Jason Johnson

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Ingredients & Prep

2	Onions <i>peeled & roughly sliced</i>
300ml	Bulgur Wheat
160ml	Lemon Juice
700g	Free-range Lamb Leg Chops
200g	Cucumber <i>rinsed & diced</i>
120g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 600ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain (if necessary), fluff with a fork, and set aside.

3. SOME PREP In a small bowl, combine $\frac{3}{4}$ of the lemon juice with 4 tbsp of sweetener.

4. LAMB 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 2-3 minutes, baste with a knob of butter and the lemon mixture. Remove from the pan, reserving the pan juices, season, and rest for 5 minutes.

5. JUST BEFORE SERVING In a salad bowl, combine the cooked bulgur, the diced cucumber, the caramelised onion, the chopped sun-dried tomatoes, and a drizzle of olive oil.

6. TIME TO EAT Plate up the loaded bulgur and top with the sizzling lamb chops. Drizzle over the reserved pan juices and the remaining lemon juice. Garnish with the chopped parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	792kj
Energy	189kcal
Protein	8.3g
Carbs	14g
of which sugars	2.8g
Fibre	2.6g
Fat	11.4g
of which saturated	4.5g
Sodium	49mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days