



UCCOOK

Balsamic Glazed Lamb Chop

with fluffy couscous & olives

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	749kJ	3699kJ
Energy	179kcal	885kcal
Protein	8.4g	41.7g
Carbs	12g	58g
of which sugars	2.4g	11.9g
Fibre	1.8g	8.8g
Fat	10.2g	50.4g
of which saturated	4g	19.8g
Sodium	74mg	366mg

Allergens: Cow's Milk, Soya, Gluten, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
40g	80g	Edamame Beans
30ml	60ml	Balsamic Glaze (25ml [50ml Balsamic Vinegar & 5ml [10ml] Wholegrain Mustard)
175g	350g	Free-range Lamb Leg Chop/s
3g	5g	Fresh Rosemary <i>rinse</i>
1	1	Tomato <i>rinse & roughly dice</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. COUSCOUS & BEANS Boil the kettle. Place the couscous and the edamame beans in a bowl with 75ml [150ml] 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 Combine the balsamic glaze with 10ml [20ml] of sweetener and set aside. 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, the rosemary, and the balsamic glaze. Remove from the pan with all the pan juices, season, and rest for 5 minutes.

3. JUST BEFORE SERVING In a bowl with the couscous, add the tomato, the cucumber, the olives, a generous drizzle of olive oil, and season.

4. DINNER IS READY Bowl up the loaded couscous, top with the lamb chops, and drizzle over the reserved pan juices. Well done, Chef!