

# UCCOOK

## Lemon-Glazed Lamb Chops

with caramelised onion, sun-dried tomatoes & cucumber

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Jason Johnson

**Wine Pairing:** Strandveld | Grenache

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 670kJ    | 3806kJ      |
| Energy             | 160kcal  | 910kcal     |
| Protein            | 6.9g     | 39g         |
| Carbs              | 14g      | 77g         |
| of which sugars    | 2.8g     | 15.6g       |
| Fibre              | 2.4g     | 13.7g       |
| Fat                | 9g       | 51.3g       |
| of which saturated | 3.6g     | 20.3g       |
| Sodium             | 42mg     | 236mg       |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|       |       |                                                        |
|-------|-------|--------------------------------------------------------|
| 2     | 2     | Onions<br><i>peel &amp; roughly slice</i>              |
| 225ml | 300ml | Bulgur Wheat                                           |
| 125ml | 160ml | Lemon Juice                                            |
| 525g  | 700g  | Free-range Lamb Leg Chops                              |
| 300g  | 400g  | Cucumber<br><i>rinse &amp; dice</i>                    |
| 90g   | 120g  | Sun-dried Tomatoes<br><i>roughly chop</i>              |
| 8g    | 10g   | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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

**1. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 [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 450ml [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 3 [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 bulgur, the cucumber, the onion, the 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 parsley. Well done, Chef!