



UCOOK

Lamb Chops & Creamy Mustard Sauce

with roasted gem squash & orzo

Seared lamb chops smothered in a lemony mustard sauce served on a bed of orzo. Sided with roasted gem squash, sprinkled with parsley & squeezed with lemon for a zing. Too good not to order!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Leopard's Leap | Cabernet Sauvignon Merlot

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Ingredients & Prep

1	Gem Squash <i>halved & deseeded</i>
75ml	Orzo Pasta
175g	Free-range Lamb Leg Chop
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Dried Thyme
20ml	White Wine
15ml	Dijon Mustard
40ml	Fresh Cream
1	Lemon <i>¼ zested & cut into wedges</i>
4g	Fresh Parsley <i> rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. WHAT A GEM Boil the kettle. Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season to taste. Roast in the hot oven for 15-20 minutes until cooked through and soft. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining cooking time.

2. BOILING AWAY Fill a pot with 200ml of boiling water and a pinch of salt. Place the pot over a high heat. Once water is boiling rapidly, add the orzo and cook for 7-10 minutes until al dente. On completion, remove from the heat, drain if necessary and toss through some oil to prevent sticking.

3. SEAR THE CHOPS When the gem squash has been roasting for 5-7 minutes, place a large pan over a medium-high heat with a drizzle of oil. When hot, sear the chop for 2-3 minutes per side until cooked through or to your preference. Remove from the pan on completion and cover to keep warm.

4. SAUCY SAUCE Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the grated garlic and the dried thyme and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the wine and leave to simmer for 1-2 minutes until almost all evaporated. Add the mustard, the cream, and 80ml of boiling water. Mix until fully combined and leave to simmer for 4-5 minutes until slightly reduced and thickened. Add a splash of water if it reduces too quickly. Season with salt, pepper, the lemon zest and a squeeze of lemon juice.

5. YUMMY YUM! Plate up the roasted gem squash halves and side with the orzo. Top with the lamb chops and drizzle the mustard sauce over the chops and the orzo. Sprinkle over the picked parsley and garnish with any remaining lemon wedges.

Nutritional Information

Per 100g

Energy	773kJ
Energy	185kcal
Protein	8.3g
Carbs	13g
of which sugars	1.3g
Fibre	1.4g
Fat	10.8g
of which saturated	5g
Sodium	82mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 2
Days