

Eat Within 4 Days

QCOOK

Lamb Chop & Pea Purée

with harissa roasted carrots & sunflower seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	698kJ	4218kJ
Energy	167kcal	1009kcal
Protein	6.9g	41.7g
Carbs	7g	45g
of which sugars	3.3g	20g
Fibre	2.3g	13.9g
Fat	12.2g	73.5g
of which saturated	5.3g	32.1g
Sodium	136mg	822mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot *rinse, trim, peel & cut into wedges*
15ml	30ml	Pesto Princess Harissa Paste
10g	20g	Sunflower Seeds
175g	350g	Free-range Lamb Leg Chop
5ml	10ml	NOMU Italian Rub
1	1	Garlic Clove *peel & grate*
80g	160g	Peas
40ml	80ml	Fresh Cream
10ml	20ml	Lemon Juice
20g	40g	Danish-style Feta *drain*
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Blender (optional)

1. CARROT Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil, the harissa paste, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TOAST 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. LAMB 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, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. PEA PUREE Place a small pot over medium heat with a knob of butter and a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Add the peas and the cream and simmer until the peas are warmed through, 1-2 minutes. Remove from the heat and place the pea mixture in a blender with the lemon juice (to taste), and seasoning. Pulse until a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the garlic and adding the peas and the milk, simply mash the peas with a potato masher or a fork and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

5. DINNER TIME Smear the pea purée on a plate, side with the roasted carrot and crumble the feta over the carrot. Serve alongside the lamb chop, sprinkle over the sunflower seeds, and garnish with a sprinkle of the parsley. Cheers, Chef!

Chef's Tip For a restaurant-level smooth purée, after blending, pass through a fine sieve for an ultra-silky finish.