



UCOOK

Lamb Chop & Jewelled Tabbouleh

with fresh mixed herbs

No one will believe that you spent only 30 minutes cooking this one, Chef! Perfectly pan fried lamb chops are sided with a bulgur wheat salad loaded with onions, tomatoes, cucumber, dried pomegranate seeds and a herby mint & parsley medley. It's a beaut!


Hands-on Time: 35 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Isabella Melck

 Quick & Easy

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

225ml	Bulgur Wheat
150g	Cucumber
2	Tomatoes
16g	Mixed Herbs <i>(8g Fresh Mint & 8g Fresh Parsley)</i>
1	Onion
525g	Free-range Lamb Leg Chops
22,5ml	NOMU Moroccan Rub
30g	Dried Pomegranate Gems
30ml	Lemon Juice

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. QUICK PREP Roughly dice the cucumber and the tomato/es. Rinse, pick, and roughly chop the mixed herbs. Peel and roughly dice $\frac{3}{4}$ of the onion.

3. SIZZLING 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 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. FRY THE ONION Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion until soft, 4-5 minutes. Remove from the pan.

5. ALL TOGETHER When the bulgur wheat is done, add the cooked onions, the chopped herbs, the diced tomatoes & cucumber, dried pomegranate seeds, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Plate up the jeweled tabbouleh, side with the lamb chops, and drizzle over the lemon juice (to taste). Good job, Chef!

Nutritional Information

Per 100g

Energy	726kJ
Energy	174kcal
Protein	7.8g
Carbs	13g
of which sugars	2g
Fibre	2.5g
Fat	10.1g
of which saturated	4.2g
Sodium	100mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days