



QCOOK

Rosemary Lamb Chop

with a fresh salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	655kj	4236kj
Energy	157kcal	1013kcal
Protein	6.3g	40.6g
Carbs	8g	51g
of which sugars	4g	25.6g
Fibre	1.8g	11.6g
Fat	10.8g	70.1g
of which saturated	5.2g	33.8g
Sodium	63mg	408mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	Carrot Spice <i>(2.5ml [5ml] Cumin Seeds, 2.5ml [5ml] Turmeric & 10ml [20ml] Brown Sugar)</i>
240g	480g	Carrot <i>rinse, trim, peel & cut into chunks on the diagonal</i>
60g	120g	Chickpeas <i>drain & rinse</i>
175g	350g	Free-range Lamb Leg Chop
3g	5g	Fresh Rosemary <i>rinse</i>
50ml	100ml	Crème Fraîche
20g	40g	Danish-style Feta <i>drain</i>
10ml	20ml	Lemon Juice
15ml	30ml	Red Wine Vinegar
20ml	40ml	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. CARROTS Preheat the oven to 200°C. Melt 15g [30g] of butter and mix with the carrot spice and set aside. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 8-10 minutes, coat the carrots with the butter mixture and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHICKPEAS Coat the chickpeas in oil and season. When the carrot has been in for 10 minutes, scatter over the chickpeas and roast until crispy.

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 rosemary. Remove from the pan, season, and rest for 5 minutes.

4. SOME PREP Combine the crème fraîche with feta and a drizzle of lemon juice (to taste). Mash with a fork until a chunky texture. In a salad bowl, combine the vinegar with a drizzle of olive oil, and mix to emulsify. Add the salad leaves and the cucumber. Toss to coat and season.

5. TIME TO DINE Dish up the carrots, add dollops of the crème fraîche mixture, and side with lamb. Serve alongside the salad and enjoy, Chef.