



UCOOK

Lamb Leg Chops & Tabbouleh

with dried apricots, sunflower seeds & fresh parsley

This Moroccan-inspired, stovetop-only recipe is a crowd pleaser because it tastes like it took ages to cook but doesn't. On a bed of lemony, loaded bulgur wheat featuring tomatoes, dried apricots, & toasted seeds, lies a browned lamb leg chop smothered in delicious pan juices.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Rhea Hsu

 Quick & Easy

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

200ml	Bulgur Wheat
1	Tomato
30g	Dried Apricots
20g	Fresh Parsley
1	Spring Onion
10g	Sunflower Seeds
350g	Free-range Lamb leg Chops
20ml	NOMU Moroccan Rub
30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a bowl with 200ml 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. PREP STEP Dice the tomato. Roughly chop the dried apricots. Rinse, pick, and chop the parsley. Rinse and thinly slice the spring onion.

3. SUNFLOWER SEEDS 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.

4. BROWNE LAMB Return the pan to 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 (optional) and the NOMU rub. Remove from the pan, reserving any pan juices. Season and rest for 5 minutes.

5. TASTY TABBOULEH In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the cooked bulgur, the diced tomato, the chopped parsley, $\frac{3}{4}$ of the sliced spring onion (to taste), the chopped dried apricots, and the toasted sunflower seeds.

6. MOROCCAN MEAL Plate up the herby tabbouleh. Top with the seared lamb chop and drizzle over any pan juices. Sprinkle over the remaining spring onion. Dig in, Chef!

Nutritional Information

Per 100g

Energy	909kJ
Energy	217kcal
Protein	11g
Carbs	20g
of which sugars	3.6g
Fibre	3.7g
Fat	10.8g
of which saturated	4.4g
Sodium	144mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days