



UCOOK

Chimichurri Lamb Chops

with a crunchy salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info	Per 100g	Per Portion
Energy	563.1kJ	3218.3kJ
Energy	134.6kcal	769.5kcal
Protein	5.7g	32.8g
Carbs	7g	39.7g
of which sugars	1.5g	8.9g
Fibre	0.9g	5.1g
Fat	8.9g	50.8g
of which saturated	3.5g	19.9g
Sodium	390mg	2229.1mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Baby Potatoes <i>rinse & cut into wedges</i>
5ml	10ml	Greek Seasoning
20ml	40ml	Pesto Princess Chimichurri Sauce
175g	350g	Free-range Lamb Leg Chop/s
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Oregano <i>rinse, pick & roughly chop</i>

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and the Greek seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHIMI LAMB Loosen the chimichurri with a generous drizzle of olive oil and set aside. Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-4 minutes per side. Remove the meat from the pan and coat it in the chimichurri.

3. CRUNCHY SALAD In a bowl, add the tomato, cucumber, lemon and oregano. Toss to combine and season.

4. DINNER IS READY Dish up the roasted potatoes, side with the chimichurri lamb and the crunchy salad. Dig in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Chef's Tip For extra flavour, braai the chops over medium coals, adding rosemary to the fire and a squeeze of lemon before serving.