



QCOOK

Lamb Rump & Pomegranate Mint Yoghurt

with roast sweet potato & rosemary

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	592kJ	3311kJ
Energy	142kcal	792kcal
Protein	6.4g	35.8g
Carbs	10g	56g
of which sugars	3.4g	19.2g
Fibre	1.8g	9.9g
Fat	8g	44.7g
of which saturated	2.7g	15.2g
Sodium	85mg	476mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
10g	20g	Dried Cranberries
2.5ml	5ml	Ground Cinnamon
160g	320g	Free-range Lamb Rump
3g	5g	Fresh Rosemary <i>rinse, pick & roughly chop</i>
50ml	100ml	Greek Yoghurt
7.5ml	15ml	Pomegranate Juice
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
30ml	60ml	Ina Paarman Herb Dressing
5ml	10ml	Sumac Spice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CINNAMON-SPICED SWEET POTS Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). In the final 1-2 minutes, sprinkle over the cinnamon. Alternatively, air-fry at 200°C until crispy, 20-25 minutes (shifting halfway through).

2. ROSEMARY 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, fat-side down, until crispy, 3-5 minutes. Flip the lamb onto its side and sear 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 and rest for 3-5 minutes before slicing and seasoning.

3. NEW & EXCITING FLAVOUR COMBOS Combine the pomegranate juice with the Greek yoghurt, mint, and sumac spice, mix to combine and season (to taste). In a bowl, toss the salad leaves with the salad dressing, and top with cranberries.

4. JUST LOOK AT THAT! Plate up the lamb, top with pomegranate yoghurt, and side with roast sweet potato and salad. Enjoy, Chef.

Chef's Tip Meat continues to cook while resting. Remember this when cooking the lamb rump to your preference.