



# UCCOOK

## Lamb Chops & Roasted Carrots

with a fresh minty yoghurt

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jemimah Smith

**Wine Pairing:** Creation Wines | Creation Syrah Grenache

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 500.8kJ   | 3515.2kJ    |
| Energy             | 119.7kcal | 840.5kcal   |
| Protein            | 5.5g      | 38.7g       |
| Carbs              | 8.1g      | 57g         |
| of which sugars    | 2.9g      | 20g         |
| Fibre              | 1.9g      | 13.7g       |
| Fat                | 7g        | 48.8g       |
| of which saturated | 2.9g      | 20.4g       |
| Sodium             | 84.1mg    | 590.2mg     |

**Allergens:** Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                     |
|----------|------------|---------------------------------------------------------------------|
| 240g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 1        | 1          | Onion<br><i>peel &amp; cut ½ [1] into wedges</i>                    |
| 40ml     | 80ml       | Low Fat Plain Yoghurt                                               |
| 3g       | 5g         | Fresh Mint<br><i>rinse &amp; roughly chop</i>                       |
| 15ml     | 30ml       | Lemon Juice                                                         |
| 60g      | 120g       | Chickpeas<br><i>drain &amp; rinse</i>                               |
| 175g     | 350g       | Free-range Lamb Leg Chops                                           |
| 7,5ml    | 15ml       | NOMU Roast Rub                                                      |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter

Sugar/Sweetener/Honey (optional)

Paper Towel

**1. CARROT & ONION ROAST** Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Coat in oil and 5ml of a sweetener (optional). Season and roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. MINTY YOGHURT** In a bowl, combine the yoghurt, ½ the mint, and the lemon juice (to taste). Season and set aside.

**3. CHICKPEAS** When the roasting veg has 10-12 minutes remaining, give the tray a shift and scatter over the chickpeas. Roast for the remaining time.

**4. SEARED 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, 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.

**5. LIPSMACKING LAMB DINNER** Plate up the roast veg and chickpeas, top with dollops of the minty yoghurt, and garnish the veg with the remaining mint. Side the roast veg with the lamb chop and any remaining pan juices.