



UCCOOK

Tunisian Lamb Chop & Couscous

with crispy chickpeas & dried apricots

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Caitlin Swanepoel

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	949kj	3749kj
Energy	227kcal	896kcal
Protein	10.8g	42.7g
Carbs	14g	56g
of which sugars	3.2g	12.5g
Fibre	2.3g	9.1g
Fat	13.2g	52.1g
of which saturated	5.2g	20.7g
Sodium	53.5mg	211mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Couscous
60g	120g	Chickpeas <i>drain & rinse</i>
175g	350g	Free-range Lamb Leg Chops
10ml	20ml	Pesto Princess Chermoula Paste
20g	40g	Green Leaves <i>rinse</i>
15g	30g	Dried Apricots <i>roughly chop</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly tear</i>
50ml	100ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

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

4. TIME TO EAT In a serving bowl, combine the couscous, the green leaves, the chickpeas, the apricots, the mint, a drizzle of olive oil, and add seasoning. Top with the lamb with all the pan juices and finish with dollops of yoghurt. Dig in, Chef!