



UCCOOK

Relish & Lamb Chops

with roasted beetroot & crispy sage

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Caitlin Swanepoel

Wine Pairing: Nitida | Calligraphy Bordeaux blend

Nutritional Info

	Per 100g	Per Portion
Energy	362kJ	3253kJ
Energy	87kcal	778kcal
Protein	4g	35.9g
Carbs	5g	46g
of which sugars	2.1g	18.9g
Fibre	1.6g	14g
Fat	5.4g	48.2g
of which saturated	2.2g	19.9g
Sodium	88mg	794mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
3g	5g	Fresh Sage <i>rinse, pick & dry</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
10ml	20ml	NOMU Moroccan Rub
1	2	Tomato/es <i>rinse & roughly dice</i>
175g	350g	Free-range Lamb Leg Chops
5ml	10ml	Ground Cumin

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). In the final 2-3 minutes, add the sage leaves and roast until crispy. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. CHUNKY RELISH Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper and the onion until soft, 4-5 minutes (shifting occasionally). Mix in the NOMU rub and the tomato. Fry until fragrant, 3-4 minutes. Mix in 50ml [100ml] of water and simmer until reduced to a chunky sauce, 5-6 minutes. Add a sweetener (to taste) and season.

3. LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, coat in cumin, and seasoning. When hot, sear the lamb until browned, 3-4 minutes per side. In the final minute, baste with a knob of butter (optional).

4. DINNER IS READY Plate up the roast, side with the lamb, and the chunky relish. Enjoy, Chef!