



UCCOOK

Balsamic Glazed Lamb Chop

with fluffy couscous & olives

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	737kJ	3644kJ
Energy	176kcal	871kcal
Protein	8.1g	40.1g
Carbs	12g	58g
of which sugars	2.7g	13.1g
Fibre	2g	9.7g
Fat	10g	49.4g
of which saturated	4g	19.9g
Sodium	75.2mg	372mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
40g	80g	Peas
30ml	60ml	Balsamic Glaze (25ml [50ml Balsamic Vinegar & 5ml [10ml] Wholegrain Mustard)
175g		Free-range Lamb Leg Chop
3g	5g	Fresh Rosemary <i>rinse</i>
1	1	Tomato <i>rinse & roughly dice</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. **COUSCOUS & PEAS** Boil the kettle. Place the couscous and the peas 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. **LAMB** Combine the balsamic glaze with 10ml [20ml] of sweetener and set aside. 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, the rosemary, and the balsamic glaze. Remove from the pan with all the pan juices, season, and rest for 5 minutes.

3. **JUST BEFORE SERVING** In a bowl with the couscous, add the tomato, the cucumber, the olives, a generous drizzle of olive oil, and season.

4. **DINNER IS READY** Bowl up the loaded couscous, top with the lamb chop, and drizzle over the reserved pan juices. Well done, Chef!