



# UCCOOK

## Lamb Chop & Jewelled Quinoa

with fresh mixed herbs

No one will believe that you spent only 30 minutes cooking this one, Chef! Perfectly pan fried lamb chops are sided with a quinoa salad loaded with onions, tomatoes, cucumber, dried pomegranate seeds and a herby mint & parsley medley. It's a beaut!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Isabella Melck

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 Quick & Easy

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 Harry Hartman | Somesay Shiraz

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## Ingredients & Prep

75ml	Quinoa <i>rinsed</i>
50g	Cucumber
1	Tomato
6g	Mixed Herbs <i>(3g Fresh Mint &amp; 3g Fresh Parsley)</i>
1	Onion
175g	Free-range Lamb Leg Chops
7,5ml	NOMU Moroccan Rub
10g	Dried Pomegranate Gems
10ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. QUINOA** Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**2. QUICK PREP** Rinse and roughly dice the cucumber and the tomato. Rinse, pick, and roughly chop the mixed herbs. Peel and roughly dice ¼ of the onion.

**3. SIZZLING CHOPS** 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.

**4. FRY THE ONION** Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion until soft, 3-4 minutes. Remove from the pan.

**5. ALL TOGETHER** When the quinoa is done, add the cooked onions, the chopped herbs, the diced tomato and cucumber, dried pomegranate seeds, a drizzle of olive oil, and seasoning.

**6. DINNER IS READY** Plate up the jeweled quinoa, side with the lamb chops, and drizzle over the lemon juice (to taste). Good job, Chef!

## Nutritional Information

Per 100g

Energy	754kJ
Energy	180kcal
Protein	8.1g
Carbs	13g
of which sugars	2.4g
Fibre	1.8g
Fat	10.8g
of which saturated	4.2g
Sodium	100mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days