



UCOOK

Lamb Chop & Minty Peas

with cucumber & couscous

With a curtsy and a nod to British cuisine, these minty peas are added to fluffy couscous with fresh cucumber & creamy feta. Complemented with a butter-basted, browned lamb chop, and dollops of lemony yoghurt. You'll be properly chuffed after tasting this dinner, Chef!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Domaine Des Dieux | Sangiovese 2017

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Ingredients & Prep

75ml	Couscous
175g	Free-range Lamb Leg Chops
50g	Peas
20g	Danish-style Feta <i>drain</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
50g	Cucumber <i>rinse & roughly dice</i>
50ml	Low Fat Plain Yoghurt
10ml	Lemon Juice

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml 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 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. Remove from the pan, season, and rest for 5 minutes.

3. JUST BEFORE SERVING In a bowl, using a fork, slightly mash the peas, the drained feta, and the chopped mint. Add the cooked couscous, the diced cucumber, a drizzle of olive oil, seasoning, and mix to combine. In a small bowl, combine the yoghurt and the lemon juice (to taste), and season.

4. TIME TO EAT Plate up the loaded couscous, side with the lamb, and finish off with dollops of lemony yoghurt. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	866kJ
Energy	207kcal
Protein	10.3g
Carbs	13g
of which sugars	1.8g
Fibre	1.9g
Fat	11.8g
of which saturated	5.3g
Sodium	85mg

Allergens

Gluten, Wheat, Cow's Milk

Eat
Within
4 Days