



UCCOOK

Za'atar Lamb Chops & Roasted Carrots

with a fresh minty yoghurt

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Groote Post Winery | Groote Post Salt of the Earth Red blend

Nutritional Info

	Per 100g	Per Portion
Energy	495kJ	3473kJ
Energy	118kcal	830kcal
Protein	5.4g	38.2g
Carbs	8g	55g
of which sugars	2.8g	20g
Fibre	1.9g	13.6g
Fat	7g	49g
of which saturated	2.9g	20.3g
Sodium	33mg	234mg

Allergens: Cow's Milk, Allium, Sesame

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
40ml	80ml	Low Fat Plain Yoghurt
3g	5g	Fresh Mint <i>rinse & roughly chop</i>
15ml	30ml	Lemon Juice
60g	120g	Chickpeas <i>drain & rinse</i>
175g	350g	Free-range Lamb Leg Chops
7,5ml	15ml	Old Stone Mill Za'atar Spice

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

Sugar/Sweetener/Honey (optional)

1. CARROT & ONION ROAST Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Coat in oil and 5ml of a sweetener (optional). Season and roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MINTY YOGHURT In a bowl, combine the yoghurt, ½ the mint, and the lemon juice (to taste). Season and set aside.

3. CHICKPEAS When the roasting veg has 10-12 minutes remaining, give the tray a shift and scatter over the chickpeas. Roast for the remaining time.

4. ZA'ATAR 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 and ½ of the za'atar spice. Remove from the pan, season, and rest for 5 minutes.

5. LIPSMACKING LAMB DINNER Plate up the roast veg and chickpeas, top with dollops of the minty yoghurt, garnish the veg with the remaining mint, and sprinkle over the remaining za'atar (to taste). Side the roast veg with the lamb chop and any remaining pan juices.