



WCOOK

Waterkloof's Lamb Chop

with whipped feta

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Waterkloof Wine Farm

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	599kj	4310kj
Energy	143kcal	1031kcal
Protein	5.9g	42.7g
Carbs	9g	67g
of which sugars	6g	42.9g
Fibre	1.4g	10.4g
Fat	9g	65g
of which saturated	4g	29.1g
Sodium	175mg	1262mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
20ml	40ml	Pesto Princess Harissa Paste
20ml	40ml	Honey
50g	100g	Danish-style Feta <i>drain & crumble</i>
40ml	80ml	Low Fat Plain Yoghurt
175g	350g	Free-range Lamb Leg Chop
5ml	10ml	NOMU Moroccan Rub

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter
Paper Towel
Milk (optional)
Blender (optional)

1. HARISSA VEG Preheat the oven to 200°C. Spread the carrot and the onion onto a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 8-10 minutes, add the harissa paste, and the honey. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. WHIPPED FETA In a small bowl, combine the feta, and the yoghurt. Mash with a fork until combined. Add milk in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth.

3. LAMB GOES INTO PAN 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, 2-3 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. MMMOROCCAN MEAL! Smear the whipped feta and top with the harissa veg. Side with the juicy lamb chop. Well done, Chef!