

U COOK

Lamb Chop & Rosemary Carrots with crispy kale & baby onions

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	476.1kJ	3978.3kJ
Energy	113.8kcal	951.2kcal
Protein	5.6g	47.1g
Carbs	9.3g	77.9g
of which sugars	4.2g	35.4g
Fibre	2.2g	18.5g
Fat	7.3g	61g
of which saturated	3.1g	25.8g
Sodium	67.8mg	566.9mg

Allergens: Cow's Milk, Allium

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
9	12	Baby Onions <i>peel & cut in half, keeping the stems intact</i>
8g	10g	Fresh Rosemary <i>rinse</i>
150g	200g	Kale <i>rinse & roughly shred</i>
30g	40g	Sunflower Seeds
525g	700g	Free-range Lamb Leg Chops
90ml	125ml	Low Fat Plain Yoghurt
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. ROSEMARY-INFUSED VEG Preheat the oven to 200°C. Spread the carrot and onions on a roasting tray. Toss with oil, the rosemary and seasoning. In a bowl, coat the kale lightly in oil, and season. Using your hands, massage until softened and coated, then set aside. Roast the veg in the oven until golden, 30-35 minutes (shifting halfway). In the final 10 minutes, scatter over the kale, and roast for the remaining time. When the roast is done, remove and discard the rosemary.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTER-BASTED LAMB When the roast has 8-10 minutes to go, return the 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.

4. MINTY YOGHURT In a small bowl, combine the yoghurt with $\frac{1}{2}$ the mint. Season and set aside.

5. A TASTE SENSATION Plate up the golden lamb, serve the roasted veg alongside, and crumble the feta over the roast. Dollop over the minty yoghurt and finish with a scattering of seeds and the remaining mint.