



# UCCOOK

## Tandoori Lamb Chop & Parsley Potatoes

with lemon yoghurt

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

### Nutritional Info

	Per 100g	Per Portion
Energy	733kJ	3650kJ
Energy	175kcal	872kcal
Protein	8.1g	40.2g
Carbs	10g	48g
of which sugars	2g	10.1g
Fibre	1.6g	8g
Fat	11.4g	56.8g
of which saturated	4.4g	22g
Sodium	121mg	602mg

**Allergens:** Cow's Milk, Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse &amp; cut in half</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
175g	350g	Free-range Lamb Leg Chops
10ml	20ml	NOMU Indian Rub
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10g	20g	Almonds
60ml	120ml	Lemon Yoghurt <i>(50ml [100ml] Greek Yoghurt &amp; 10ml [20ml] Lemon Juice)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. BUTTERY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain the potatoes and add a knob of butter, the parsley, and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

**2. NOMU-SPICED 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 the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

**3. TANGY, NUTTY SALAD** To a salad bowl, add the green leaves. Toss with the tomatoes, ½ the nuts, a drizzle of oil and seasoning. Set aside.

**4. WHAT A GREAT PLATE** Plate up the buttered parsley potatoes and side with the golden lamb. Serve the fresh salad alongside and dollop with the lemon yoghurt. Garnish with the remaining nuts and get ready to eat!

**Chef's Tip** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.