



# UCOOK

## Tandoori Lamb Chop

**with roasted beetroot & a coriander yoghurt**

After this inspired Indian meal, you will sit back and bask in the feeling of complete culinary satisfaction. Oven-roasted beets share a plate with aromatic Tandoori lamb, expertly spiced to bring out the best in the meat while complementing the rest of the flavours: coriander-infused yoghurt, a chilli-cucumber salsa, and crispy poppadoms.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Carb Conscious

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Creation Wines | Creation Syrah Grenache

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## Ingredients & Prep

800g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
200g	Cucumber <i>rinse &amp; roughly dice</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; roughly chop</i>
10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
125ml	Low Fat Plain Yoghurt
700g	Free-range Lamb Leg Chops
60ml	Tandoori Mix <i>(40ml NOMU Indian Rub &amp; 20ml Smoked Paprika)</i>
8	Poppadoms

## From Your Kitchen

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

**1. BEGIN THE BEET** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

**2. SPICY CUCUMBER & COOLING YOGHURT** In a bowl, combine a drizzle of olive oil, and seasoning together. Add the diced cucumber, the chopped chilli (to taste), ½ the chopped coriander, and toss to combine. Set aside in the fridge. In a separate bowl, combine the yoghurt with the remaining coriander, seasoning and set aside.

**3. TANDOORI 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 tandoori mix. Remove from the pan, season, and rest for 5 minutes.

**4. PUFFY POPPADOMS** Heat the poppadoms in the microwave until crispy, 20-30 seconds. (Alternatively: Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up).

**5. DINNER = DONE** Plate up the roasted beets and side with the tandoori lamb. Dollop over the herby yoghurt, side with the salsa, and the crispy poppadoms. Well done, Chef!

## Nutritional Information

Per 100g

Energy	594kJ
Energy	142kcal
Protein	7.3g
Carbs	6g
of which sugars	1.1g
Fibre	1.7g
Fat	9.6g
of which saturated	4g
Sodium	215mg

## Allergens

Cow's Milk, Allium

Eat  
Within  
4 Days