



UCOOK

Balsamic Glazed Lamb Chop

with fluffy couscous & olives

There are few things as satisfying as sitting down in front of an inviting meal, Chef! Couscous is loaded with plump peas, tangy tomato, cooling cucumber, & briny olives. Served with a rosemary-infused browned lamb chop, coated in a mustardy balsamic glaze.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

KWV - The Mentors | KWV The Mentors
Cabernet Franc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	Couscous
40g	Peas
175g	Free-range De-boned Lamb Leg
30ml	Balsamic Glaze <i>(25ml Balsamic Vinegar & 5ml Wholegrain Mustard)</i>
3g	Fresh Rosemary <i>rinse</i>
1	Tomato <i>rinse & roughly dice</i>
50g	Cucumber <i>rinse & roughly dice</i>
20g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. COUSCOUS & PEAS Boil the kettle. Place the couscous and the peas in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. LAMB Combine the balsamic glaze with 10ml of sweetener and set aside. 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, the rinsed rosemary, and the balsamic glaze. Remove from the pan with all the pan juices, season, and rest for 5 minutes.

3. JUST BEFORE SERVING In a bowl with the couscous, add the diced tomato, the cucumber, the sliced olives, a generous drizzle of olive oil, and season.

4. DINNER IS READY Bowl up the loaded couscous, top with the lamb chop, and drizzle over the reserved pan juices. Well done, Chef!

Nutritional Information

Per 100g

Energy	737kJ
Energy	176kcal
Protein	8.1g
Carbs	12g
of which sugars	2.7g
Fibre	2g
Fat	10g
of which saturated	4g
Sodium	75.2mg

Allergens

Cow's Milk, Gluten, Wheat, Sulphites

Eat
Within
4 Days