



UCOOK

Orange Harissa Lamb Chops

with roasted baby potatoes, creamy yoghurt sauce & a cucumber salsa

You've probably cooked orange with chicken, but have you ever tried it with lamb, Chef? Well, today's the day! A side of oven-roasted baby potatoes are covered in a creamy yoghurt sauce and topped with toasted almonds. This beautifully balances the harissa, lemon & orange marinade that has soaked into the juicy lamb leg chops. Finished with a refreshing cucumber, mint & tomato salsa.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Adventurous Foodie

 Paul Cluver | Village Pinot Noir 2022

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Ingredients & Prep

30ml	Pesto Princess Harissa Paste
20ml	Lemon Juice
60ml	Orange Juice
350g	Free-range Lamb Leg Chops
500g	Baby Potatoes <i>rinse & cut in half</i>
100g	Cucumber <i>rinse & roughly dice</i>
1	Tomato <i>rinse & roughly dice</i>
5g	Fresh Mint <i>rinse, pick & roughly chop</i>
100ml	Low Fat Plain Yoghurt
20g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. MARINATION Preheat the oven to 200°C. In a bowl, combine the harissa paste, the lemon juice, ½ the orange juice, and seasoning. Pat the lamb dry with paper towel. Add the lamb to the bowl and set aside in the fridge to marinate for 15 minutes.

2. ROAST Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

3. SALSA & SOME PREP In a small bowl, combine the diced cucumber, the diced tomato, ½ the chopped mint, a drizzle of olive oil, and seasoning. In a small bowl, combine the yoghurt, the remaining orange juice, seasoning, and water in 5ml increments until drizzling consistency.

4. NUTTY MOMENT 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.

5. LAMB Return the pan to medium heat with a drizzle of oil. When hot, sear the lamb without the excess marinade (reserving the marinade) until browned but not cooked through, 1-2 minutes per side. Remove from the pan, add to a roasting tray, and smear with any reserved marinade. Roast until cooked through, 5-8 minutes.

6. TIME TO EAT Plate up the roasted baby potatoes, drizzle over the yoghurt sauce, and sprinkle over the toasted nuts. Side with the tender lamb and the salsa. Garnish with the remaining mint. Well done, Chef.



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	575kj
Energy	138kcal
Protein	5.8g
Carbs	9g
of which sugars	2g
Fibre	1.2g
Fat	8.5g
of which saturated	3.2g
Sodium	74mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days