



UCOOK

BBQ Lamb Chops

with roasted carrot wedges

A no-fuss & delicious dinner! Fried lamb chops smeared with BBQ sauce is accompanied by fragrant cumin-roasted carrot wedges and a zingy cucumber & green leaf salad. You can't beat this!


Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Merlot 2020

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
5ml	Cumin Seeds
50g	Cucumber <i>cut into bite-sized pieces</i>
4g	Fresh Mint <i>rinsed & picked</i>
10ml	Lemon Juice
175g	Free-range Lamb Chops
20g	Green Leaves <i>rinsed & roughly shredded</i>
15ml	BBQ Sauce

From Your Kitchen

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

1. CARROT WEDGES Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray. Coat in oil, the cumin seeds, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. SOME PREP In a bowl, combine the cucumber pieces, ½ the picked mint, the lemon juice (to taste), and seasoning.

3. GLAMB-OROUS When the carrots have 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the lamb chop dry with paper towel. When the pan is hot, sear the chop, fat-side down, for 1-2 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference. During the final minute, baste with a knob of butter (optional). Remove from the pan, season, and rest for 5 minutes.

4. HIT OF FRESHNESS Add the rinsed green leaves and a drizzle of oil to the bowl with the cucumber. Toss until combined.

5. DINNER IS READY Plate up the carrot wedges. Side with the sizzling lamb chop smeared with the BBQ sauce. Serve the fresh salad on the side and garnish with the remaining mint. Look at you, Chef!

Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	5.9g
Carbs	5g
of which sugars	2.5g
Fibre	1.5g
Fat	9.1g
of which saturated	3.8g
Sodium	61mg

Allergens

Allium, Sulphites

Cook
within
4 Days