

UCOOK

Tandoori Lamb Chop & Parsley Potatoes

with lemon yoghurt

This tandoori-inspired dish brings on the spice and everything else that's nice, starting with the NOMU Indian Rub-spiced lamb chop. Served with butter-coated & fresh parsley potatoes, a tangy sun-dried tomato, greens & almonds salad, with a zesty lemon-yoghurt to balance the heat.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Strandveld | Grenache

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & cut in half</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
175g	Free-range Lamb Leg Chops
10ml	NOMU Indian Rub
20g	Green Leaves <i>rinse</i>
20g	Sun-dried Tomatoes <i>drain</i>
10g	Almonds
60ml	Lemon Yoghurt <i>(50ml Greek Yoghurt & 10ml Lemon Juice)</i>

From Your Kitchen

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

1. BUTTERY POTATOES Place the halved 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 chopped 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 Return the pan to 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 rinsed leaves. Toss with the drained 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.

Nutritional Information

Per 100g

Energy	733kJ
Energy	175kcal
Protein	8.1g
Carbs	10g
of which sugars	2g
Fibre	1.6g
Fat	11.4g
of which saturated	4.4g
Sodium	121mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days