



UCCOOK

Nitída's Ultimate Greek Lamb Chop

with handmade flatbread & Greek salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Nitída Winery

Wine Pairing: Nitída | Calligraphy Bordeaux blend

Nutritional Info	Per 100g	Per Portion
Energy	616kJ	4438kJ
Energy	147kcal	1062kcal
Protein	7g	50.1g
Carbs	11g	81g
of which sugars	1.6g	11.8g
Fibre	1g	6.9g
Fat	8.1g	58.2g
of which saturated	3.6g	25.7g
Sodium	332mg	2393mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125ml	250ml	Self-raising Flour
1	1	Garlic Clove <i>peel & grate</i>
80ml	160ml	Greek Yoghurt
175g	350g	Free-range Lamb Leg Chop
5ml	10ml	Greek Seasoning
15ml	30ml	Red Wine Vinegar
6g	10g	Mixed Herbs <i>rinse, pick & roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Tomato <i>rinse & cut ½ [1] into bite-sized pieces</i>
1	1	Onion <i>peel & finely slice ¼ [½]</i>
20g	40g	Pitted Black Olives <i>drain</i>
20g	40g	Danish-style Feta <i>drain & roughly chop</i>

From Your Kitchen

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

1. HOMEMADE FLATBREAD Set aside 1 [2] tsp of flour. Place the rest in a bowl with a good pinch of salt and the garlic. Using your hands, rub in 10ml [20ml] of oil until it forms breadcrumbs. Add 35ml [70ml] of yoghurt until combined into a sticky ball. If too dry, add water in 5ml increments until combined. Use the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 1-2 pieces [per portion] and use a rolling pin or bottle to shape into flat discs, about 12-15cm wide.

2. LIPSMACKING 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, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the Greek Seasoning. Remove from the pan, season, and rest for 5 minutes.

3. HERB SALAD & YOGHURT SAUCE In a bowl, add the red wine vinegar, a generous drizzle of olive oil, and mix to emulsify. Add ½ of the mixed herbs, cucumber, tomato, onion and olives. Mix to combine and season. In a small bowl, combine the remaining yoghurt and the remaining herbs.

4. FAB FLATBREAD Place a pan over a medium-high heat with a knob of butter. When hot, cook the flatbreads one at a time until lightly crisped and golden brown, 2 minutes per side.

5. TIME TO PLATE Dish up the lamb chop/s, cover with pan sauce and yoghurt dressing, side with salad, crumble over the feta, and serve with flatbread. Enjoy the feast, Chef!