



# UCOOK

## Lamb Chops & Loaded Bulgur

with chimichurri & yoghurt

Don't you just love a great lamb dish, Chef? Bulgur wheat is loaded with flavour by adding tangy tomato, cooling cucumber, spring onion & a herbaceous Pesto Princess Chimichurri sauce. Topped with juicy lamb chops and creamy yoghurt.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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Quick & Easy

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 Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

300ml	Bulgar Wheat
700g	Free-range Lamb Leg Chops
2	Spring Onions <i>rinse, trim &amp; roughly slice</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
400g	Cucumber <i>rinse &amp; roughly dice</i>
20g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
60ml	Pesto Princess Chimichurri Sauce
125ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**1. BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 600ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. LAMB** While the bulgur wheat is on the go, 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. Remove from the pan, season, and rest for 5 minutes. Cover to keep warm.

**3. ALL TOGETHER** In a bowl, combine the cooked bulgur, the sliced onion, the diced tomatoes, the diced cucumber, the chopped parsley, the chimichurri sauce, a generous drizzle of olive oil, and seasoning.

**4. TIME TO EAT** Make a bed of the loaded bulgur, top with dollops of yoghurt, and side with the lamb chops. Well done, Chef!

## Nutritional Information

Per 100g

Energy	758kj
Energy	181kcal
Protein	8.3g
Carbs	13g
of which sugars	1g
Fibre	2.4g
Fat	11g
of which saturated	4.4g
Sodium	64.8mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days