



# UCCOOK

## Za'atar Lamb Chops & Roasted Carrots

with a fresh minty yoghurt

Let's transport you from your kitchen to the Middle East with the nutty, tangy flavours of za'atar spice. Used in this recipe to baste with butter on a juicy lamb chop and served with oven-roasted carrot, onion & chickpeas. Dolloped with mint-infused yoghurt for creaminess.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Carb Conscious

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Groote Post Winery | Groote Post Merlot

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## Ingredients & Prep

|       |                                                                     |
|-------|---------------------------------------------------------------------|
| 960g  | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 2     | Onions<br><i>peel &amp; cut into wedges</i>                         |
| 160ml | Low Fat Plain Yoghurt                                               |
| 10g   | Fresh Mint<br><i>rinse &amp; roughly chop</i>                       |
| 60ml  | Lemon Juice                                                         |
| 240g  | Chickpeas<br><i>drain &amp; rinse</i>                               |
| 700g  | Free-range Lamb Leg Chops                                           |
| 30ml  | Old Stone Mill Za'atar Spice                                        |

## From Your Kitchen

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

**1. CARROT & ONION ROAST** Preheat the oven to 200°C. Spread the carrot pieces and onion wedges on a roasting tray. Coat in oil and 20ml of a sweetener of your choice (optional). Season and roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. MINTY YOGHURT** In a bowl, combine the yoghurt, ½ the chopped mint, and the lemon juice (to taste). Season and set aside.

**3. CHICKPEAS** When the roasting veg has 10-12 minutes remaining, give the tray a shift and scatter over the drained chickpeas. Roast for the remaining time.

**4. ZA'ATAR 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, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and ½ of the za'atar spice. Remove from the pan, season, and rest for 5 minutes.

**5. LIPSMACKING LAMB DINNER** Plate up the roast veg and chickpeas, top with dollops of the minty yoghurt, garnish the veg with the remaining mint, and sprinkle over the remaining za'atar (to taste). Side the roast veg with the lamb chop and any remaining pan juices.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 495kJ   |
| Energy             | 118kcal |
| Protein            | 5.4g    |
| Carbs              | 8g      |
| of which sugars    | 2.8g    |
| Fibre              | 1.9g    |
| Fat                | 7g      |
| of which saturated | 2.9g    |
| Sodium             | 33mg    |

## Allergens

Cow's Milk, Allium, Sesame

Eat  
Within  
4 Days