



# QCOOK

## Lamb Rump & Pomegranate Mint Yoghurt

with roast sweet potato & rosemary

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Bertha Wines | Bertha Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	592kJ	3311kJ
Energy	142kcal	792kcal
Protein	6.4g	35.8g
Carbs	10g	56g
of which sugars	3.4g	19.2g
Fibre	1.8g	9.9g
Fat	8g	44.7g
of which saturated	2.7g	15.2g
Sodium	85mg	476mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse &amp; cut into wedges</i>
30g	40g	Dried Cranberries
7.5ml	10ml	Ground Cinnamon
480g	640g	Free-range Lamb Rump
8g	10g	Fresh Rosemary <i>rinse, pick &amp; roughly chop</i>
150ml	200ml	Greek Yoghurt
22.5ml	30ml	Pomegranate Juice
8g	10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
120g	160g	Salad Leaves <i>rinse &amp; roughly shred</i>
90ml	125ml	Ina Paarman Herb Dressing
15ml	20ml	Sumac Spice

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. CINNAMON-SPICED SWEET POTS** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). In the final 1-2 minutes, sprinkle over the cinnamon. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. ROSEMARY 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, fat-side down, until crispy, 3-5 minutes. Flip the lamb onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the rosemary. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

**3. NEW & EXCITING FLAVOUR COMBOS** Combine the pomegranate juice with the Greek yoghurt, mint, and sumac spice, mix to combine and season (to taste). In a bowl, toss the salad leaves with the salad dressing, and top with cranberries.

**4. JUST LOOK AT THAT!** Plate up your lamb, top with pomegranate yoghurt, and side with roast sweet potato and salad. Enjoy, Chef.

**Chef's Tip** Meat continues to cook while resting. Remember this when cooking the lamb rump to your preference.