



UCOOK

Lamb Chop & Cranberry Bulgur Wheat

with fresh mint

Sweet dried cranberries are sprinkled over fluffy bulgur wheat, loaded with crunchy cucumber & cooling mint, together with a browned, butter-basted lamb chop. Served with a creamy red wine vinegar dressing.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jenna Peoples

Quick & Easy

Laborie Estate | Laborie Merlot / Cabernet Sauvignon

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Ingredients & Prep

100ml	Bulgur Wheat
40ml	Low Fat Plain Yoghurt
10ml	Red Wine Vinegar
175g	Free-range Lamb Leg Chops
100g	Cucumber <i>rinse & dice</i>
3g	Fresh Mint <i>rinse & roughly chop</i>
10g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. BULGUR & DRESSING Boil the kettle. Place the bulgur wheat in a pot with 200ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside to cool. In a small bowl, mix together the yoghurt, the vinegar, a sweetener (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

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, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, reserving any pan juices. Season and rest for 5 minutes.

3. LOAD WITH FLAVOUR In a bowl, mix together the bulgur wheat, the diced cucumber, the chopped mint, a drizzle of olive oil, and seasoning.

4. DISH UP! Plate up the loaded bulgur wheat and drizzle over the creamy red wine vinegar dressing. Sprinkle over the dried cranberries, side with the juicy lamb chop, and drizzle over any reserved pan juices. Dig in, Chef!

Nutritional Information

Per 100g

Energy	865kJ
Energy	207kcal
Protein	9.4g
Carbs	19g
of which sugars	1g
Fibre	3.3g
Fat	11g
of which saturated	4.6g
Sodium	40mg

Allergens

Cow's Milk, Gluten, Wheat, Sulphites

Eat
Within
4 Days