



U^UCOOK

Lemon Glazed Lamb Chops

with caramelised onion, sun-dried tomatoes & cucumber

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Fan Faves: Serves 3 & 4

Chef: Jason Johnson

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	681kj	3867kj
Energy	163kcal	925kcal
Protein	7.1g	40.3g
Carbs	15g	87g
of which sugars	2.9g	16.7g
Fibre	2.6g	14.7g
Fat	9.1g	51.7g
of which saturated	3.6g	20.3g
Sodium	41mg	232mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly slice</i>
150g	200g	Corn
225ml	300ml	Bulgur Wheat
125ml	160ml	Lemon Juice
525g	700g	Free-range Lamb Leg Chops
150g	200g	Cucumber <i>rinse & dice</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

1. ONION & CORN Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste) and the corn. Remove from the pan, season, and cover.

2. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 450ml [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.

3. SOME PREP In a small bowl, combine $\frac{3}{4}$ of the lemon juice with 3 [4] tbsp of sweetener.

4. LAMB CHOPS 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 2-3 minutes, baste with a knob of butter and the lemon mixture. Remove from the pan, reserving the pan juices, season, and rest for 5 minutes.

5. JUST BEFORE SERVING In a salad bowl, combine the bulgur, the cucumber, the onion, the sun-dried tomatoes, and a drizzle of olive oil.

6. TIME TO EAT Plate up the loaded bulgur and top with the sizzling lamb chops. Drizzle over the reserved pan juices and the remaining lemon juice. Garnish with the parsley. Well done, Chef!