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.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Kate Gomba

Quick & Easy

🍾 Bertha Wines | Bertha Shiraz 2021

Ingredients & Prep

150ml	Bulgur Wheat
350g	Free-range Lamb Leg Chops
1	Spring Onion *rinse, trim & roughly slice*
1	Tomato *rinse & roughly dice*
200g	Cucumber *rinse & roughly dice*
10g	Fresh Parsley *rinse, pick & roughly chop*
30ml	Pesto Princess Chimichurri Sauce
60ml	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 300ml 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.

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