



# QCOOK

## TRILLENNIUM's Moroccan-style Lamb

with chickpeas, tahini yoghurt & dried cranberries

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** TRILLENNIUM

### Nutritional Info

	Per 100g	Per Portion
Energy	675kj	4173kj
Energy	161kcal	998kcal
Protein	6.8g	42.2g
Carbs	13g	80g
of which sugars	4.2g	26.1g
Fibre	2.1g	13.1g
Fat	8.7g	54g
of which saturated	3.5g	21.5g
Sodium	81mg	503mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse &amp; cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain &amp; rinse</i>
10g	20g	Dried Cranberries <i>roughly chop</i>
10ml	20ml	Lemon Juice
40ml	80ml	Greek Yoghurt
7,5ml	15ml	Tahini
175g	350g	Free-range Lamb Leg Chop/s
1	1	Garlic Clove <i>peel &amp; grate</i>
10ml	20ml	Rub & Flour <i>(5ml [10ml] NOMU Moroccan Rub &amp; 5ml [10ml] Cornflour)</i>
40ml	80ml	Cranberry Juice
3g	5g	Fresh Mint <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

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

**1. ROAST** 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 golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SOME PREP** In a bowl, combine the chickpeas, the cranberries, the lemon juice (to taste), and season. In a small bowl, combine the yoghurt and the tahini (to taste).

**3. 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, season, and rest for 5 minutes.

**4. SAUCE** Return the pan to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the garlic and rub & flour until fragrant, 30-60 seconds. Mix in the cranberry juice and 50ml [100ml] of water. Simmer until thickening, 2-3 minutes. Remove from the heat and season.

**5. DINE LIKE ROYALTY** Smear the yoghurt mixture on one side of the plate, top with the sweet potato, drizzle over the sauce, and serve the lamb chop/s and the chickpea salsa on the side. Garnish with the mint. Cheers, Chef!