



ROAST LAMB CHOP WITH VEGGIE MASH AND PEAS

2 portions

INGREDIENTS

- 400 grams of lamb loin chop, lean only, raw
- 3 tsps of olive oil (14 g)
- 3 tsps of , rosemary, dried (4 g)
- 4 cloves of garlic, crushed (12 g)
- 1 lemon juiced, (48 g)
- 1 medium potatoes, white, peeled (213 g)
- 50 grams of sweet potato, peeled
- 50 grams of pumpkin,peeled
- 120 grams of frozen green peas
- 60 grams of brown onions, chopped
- 60 grams of s beef stock, salt reduced
- 20 grams of diced Tomatoes

COOKING METHOD

- 1° Preheat oven to 200 degrees and line a deep dish with baking paper
- 2° Marinate the lamb with 1 tsp of olive oil, 1 tsp rosemary and 1 clove of garlic. Squeeze one lemon wedge over the lamb. Cook the lamb in the oven for 10-15 minutes or until cooked to your liking
- 3° For the sauce, heat 1 tsp olive oil in a large pot on high heat and saute the onions with remainder crushed garlic slightly browned. Add the remainder rosemary, lemon zest, liquid beef stock, 10ml of water and canned tomatoes and simmer on low heat for 10-15 minutes
- 4° Meanwhile steam the potato, sweet potato and pumpkin in a steaming basket over boiling water. With 5 minutes remaining, add the peas to the basket and continue to steam until all vegetables have softened
- 5° Remove the peas and set aside. Mash the other vegetables using a fork or masher until smooth. Season with salt, pepper and 1 tsp of olive oil
- 6° Divide the vegetable mash, lamb and peas between two serves. Dish one serving and refrigerate the second meal for tomorrow's leftover

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (525 g)	% DRI
ENERGY	101 kcal	533 kcal	27 %
FAT	4 g	21 g	33 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	34 %
CHOLESTEROL	25 mg	132 mg	44 %
SODIUM	48 mg	251 mg	10 %
CARBOHYDRATE	8 g	40 g	13 %
SUGARS	2 g	8 g	—
FIBER	2 g	8 g	33 %
PROTEIN	9 g	47 g	—