



# Lamb Chops with Chimichurri and Sweet Potato Wedges

Serves 4 | Preparation time 10 minutes | Cooking time 30

## WHAT YOU'LL NEED

For the Sweet Potato Wedges

- 4 medium sweet potatoes, scrubbed and cut into wedges
- 1 Tbsp olive oil
- 1 tsp dried rosemary or thyme

\*Serve with a small green side salad and/or garlic bread if you like

Chimichurri

- ¼ cup fresh flat-leaf parsley, quite tightly packed (roughly chopped)
- ¼ cup fresh mint, quite tightly packed (roughly chopped)
- 2 cloves garlic, roughly chopped
- 1 tsp lemon zest
- 1 fresh red chilli, deseeded and roughly chopped
- 2 Tbsp lemon juice
- ¼ cup olive oil (3-4 Tbsp)
- Pinch of salt
- Pinch of sugar or healthy natural sweetener, to taste if necessary

## WHAT TO DO

1. Pre-heat oven to 190C. Toss the potato wedges together with the oil and rosemary and season generously with coarse salt. Add to a shallow roasting dish and bake for 40-50 minutes or until golden and cooked through.

2. Make the chimichurri

On a large chopping board or in your food processor, finely chop the parsley, mint and garlic.

Transfer to a small bowl and add the remaining ingredients.

Check for seasoning and balance of flavours and adjust if necessary. Set aside until serving

3. Meanwhile, season the chops, add a drizzle of olive oil and cook for 3-4 minutes on each side over a braai or in a large pan over medium-high heat. Remove and set aside to rest for about 5 minutes before serving immediately with the chimichurri and a green salad or garlic bread.