



***Spiced Plum and Port Jam Lamb Chop with Roasted Herbed Fennel and Baby Potatoes and a Garlicky Whipped Cottage Cheese and Mint Sauce***  
(courtesy of @lelittlegourmand)

Serves 2

Prep Time: 1 hour

**Ingredients**

***For the Lamb***

500g lamb leg chop  
5 tbsp spiced plum and port jam  
1 tsp rosemary  
salt and pepper to taste  
2 tbsp olive oil

***For the Roasted Herbed Fennel and Baby Potatoes***

1 fennel	1 tsp oregano
6 baby potatoes - cut into wedges	1 tsp chilli flakes
1 tsp rosemary	salt and pepper to taste
1 tsp thyme	olive oil

***For the Garlicky whipped Cottage Cheese and Mint Sauce***

1 tbsp cottage cheese  
1 tbsp natural yogurt  
1 handful mint leaves  
1 garlic clove  
salt and pepper to taste

**Method**

***For the Lamb***

Marinate the lamb for 8 hours in the spiced plum and port jam  
After marination, pan sear your lamb for 4 minutes on each side adding, rosemary, salt and pepper when you turn it.  
Let lamb rest in oven at 100 degrees

***For the Roasted Herbed Fennel and Baby Potatoes***

Toss the potatoes and fennel in rosemary, thyme, oregano, chilli flakes, salt, pepper and olive oil and bake for 25 minutes at 220C

***For the Garlicky whipped Cottage Cheese and Mint Sauce***

In a Nutribullet blitz all your ingredients

Plate your lamb, and garnish with pomegranate