



Moroccan-Spiced Lamb Chops

with Harissa Roast Potatoes and Lemon Yogurt Sauce

Special Plus 40 Minutes



Lamb, Loin Chops



Sous Vide Potatoes



Green Beans



Sweet Bell Pepper



Lemon



Parsley



Almonds, sliced



Greek Yogurt



Moroccan Spice Blend



Harissa Spice Blend



Garlic Salt



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HELLO MOROCCAN SPICE BLEND
This blend of North African spices is warm and aromatic!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 1 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Spicy: 1 tbsp

Bust out

2 Baking sheets, measuring spoons, zester, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Lamb, Loin Chops	4	8
Sous Vide Potatoes	280 g	560 g
Green Beans	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Parsley	7 g	14 g
Almonds, sliced	28 g	56 g
Greek Yogurt	100 ml	200 ml
Moroccan Spice Blend	1 tbsp	2 tbsp
Harissa Spice Blend	1 tsp	2 tsp
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; chop size will affect doneness.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Roast potatoes

- Pat **potatoes** dry with paper towels.
- Add **potatoes**, **1 tsp Harissa Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 14-16 min.



Toast almonds

- Reheat the same pan (from step 2) over medium.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Remove the pan from heat.
- Transfer **almonds** to a plate.
- Carefully wipe the pan clean.



Cook lamb

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **lamb** dry with paper towels. Season with **salt**, **pepper** and **Moroccan Spice Blend**.
- When hot, add **½ tbsp oil**, then **lamb**. (**NOTE:** Don't overcrowd the pan; cook lamb in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden, 1-2 min per side.
- Remove the pan from heat. Transfer **lamb** to an unlined baking sheet.
- Roast in the **top** of the oven until **lamb** is cooked through, 6-8 min.**
- Carefully wipe the pan clean.



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-7 min. Season with **pepper** and **remaining garlic salt**, then stir to combine.
- Remove the pan from heat.



Prep and make sauce

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Trim **green beans**.
- Finely chop **parsley**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Meanwhile, add **yogurt**, **half the parsley**, **half the garlic salt**, **¼ tsp sugar**, **½ tsp lemon zest**, **1 tsp lemon juice** and **1 tbsp water** (dbl all for 4 ppl) to a small bowl. Season with **pepper**, then whisk to combine. (**TIP:** For a lighter sauce consistency, add more water, ½ tbsp at a time, if desired.)



Finish and serve

- Divide **lamb chops**, **potatoes** and **veggies** between plates.
- Dollop **lemon yogurt sauce** over **lamb chops**.
- Sprinkle **toasted almonds** over **veggies** and **remaining parsley** over **potatoes**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!