



Curried Chump CHOPS and turmeric carrots

Chump is the new rump they say. This curry marinade gives chump chops with its rather neutral elegant taste the kick it needs. Bulk up your chump chops with some added nutrients with this super easy anti-oxidant packed turmeric carrots. You can make both these dishes in the oven or on the braai.

Curry marinade (for 4 chump chops)

- 2 Fresh peaches
- ½ cup vinegar (balsamic or apple cider vinegar)
- ½ cup chopped mint leaves
- 1 tsp ginger, chopped
- ½ onion, chopped
- 1 tsp garlic

- ◆ Blend the mint leaves, vinegar and peaches together (if you don't have a blender, chop everything very fine and combine)
- ◆ Combine with chopped garlic, ginger and onions and marinade chops overnight
- ◆ Braai or roast marinated chops in the oven

Turmeric carrots

- 200g baby carrots (no need to peel)
- 1 tablespoon ginger, chopped
- 1 Orange (use the juice and zest)
- 1 tablespoon turmeric
- Honey (optional, to taste)
- 1 tablespoon coconut oil

- ◆ Place all the ingredients in a foil parcel or casserole dish
- ◆ Braise in the oven in a covered casserole dish at 180° C for about 40 minutes
- ◆ OR place the foil parcel between warm coals while you braai

One chump chop

- = 76g average cooked edible portion
- = 17.5g protein
- = 7.5g fat

