



# Lamb Loin CHOPS

with orange sweet potato fries

Cover the entire micro nutrient spectrum from Vitamin A to Zinc with this potent but simple combination of orange sweet potato fries and those protein powerhouse lamb loin chops! A little goes a long way!

## Orange sweet potato fries

- ✦ Cut the orange sweet potatoes into chunky chips, no need to peel!
- ✦ Steam the chips in the microwave by placing it in a microwave proof bowl, adding about one teaspoon of water per sweet potato and covering it with a plate or microwave proof lid- steam until al dente (soft but not mushy)
- ✦ Season with some salt, nutmeg, cinnamon and cloves
- ✦ Shallow fry in a pan over hot coals or roast until crispy in the oven



## One loin chop

- = 79g average cooked edible portion
- = 22g Protein
- = 6g Fat per chop

