



UCCOOK

Pineapple & Lime Lamb Salad

with charred corn, radish & Danish-style feta

A delicious dish boasting epic tropical flavours. Lamb chunks are cooked with spicy chilli flakes and laid over a loaded couscous salad with crunchy cucumber, creamy feta and most delicious of all, a tangy pineapple and lime dressing!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Quick & Easy

 Delheim Wines | Delheim Gewürztraminer

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Couscous
60g	Radish
150g	Cucumber
60g	Green Leaves
8g	Fresh Mint
60g	Danish-style Feta
3	Tinned Pineapple Rings
30ml	Lime Juice
120g	Corn
450g	Free-range Lamb Goulash
7,5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. SOME PREP Rinse the radish and slice into rounds. Rinse and cut the cucumber into half-moons. Rinse the green leaves. Rinse and roughly slice the fresh mint. Drain the feta.

3. A TROPICAL DRIZZLE In a blender, add the pineapple, the lime juice, ½ the sliced mint, and 60ml of water. Pulse until smooth and a drizzling consistency. Season and set aside.

4. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

5. SPICY MOMENT Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb chunks with the chilli flakes (to taste) until browned, 1-2 minutes per side. Remove from the heat.

6. LOADED COUSCOUS SALAD To the bowl with the cooked couscous, toss through the rinsed green leaves, the cucumber half-moons, the radish rounds, the charred corn, a drizzle of olive oil, and seasoning.

7. LOVELY LIMEY LAMB Plate up the loaded couscous salad. Top with the spicy lamb and the drained feta. Drizzle over the pineapple-lime dressing. Sprinkle with the remaining mint. Stunning work, Chef!

Nutritional Information

Per 100g

Energy	737kJ
Energy	176kcal
Protein	9.5g
Carbs	14g
of which sugars	2.8g
Fibre	1.6g
Fat	8.8g
of which saturated	3.8g
Sodium	80.1mg

Allergens

Gluten, Dairy, Wheat, Sulphites

Cook
within
4 Days