



UCOOK

Lamb Souvlaki Bowl

with roasted butternut, hummus & tzatziki

Opa! Bring a taste of Greece to your weeknight dinner table. A tasty bowl of lamb goulash and roasted butternut is sided with traditional Greek flavours of cucumber & tomato salsa and refreshing tzatziki. An effortless and simply delicious dish. We think it's about time to bring out the ouzo!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Carb Conscious

 Leopard's Leap | Merlot

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

Ingredients & Prep

750g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
75g	Pitted Kalamata Olives <i>drained & halved</i>
150g	Cucumber <i>finely diced</i>
2	Tomatoes <i>1½ finely diced</i>
2	Red Onions <i>1½ peeled & finely diced</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
450g	Free-range Lamb Goulash
30ml	NOMU Moroccan Rub
75ml	Tzatziki
120ml	Hummus

From Your Kitchen

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

1. BLISTERING BUTTERNUT Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. In the final 5 minutes, add the halved olives to the tray.

2. SIMPLE SALSA In a bowl, combine the diced cucumber, the diced tomato, the diced onion (to taste), ½ the chopped parsley, a drizzle of oil, and seasoning.

3. SIZZLING LAMB Place a pan over medium-high heat with a drizzle of oil. When hot, add the lamb goulash and ¾ of the rub and fry for 5-6 minutes until browned, shifting occasionally.

4. A TRIP TO GREECE Plate up the roasted butternut chunks. Side with the lamb goulash, the tomato salsa, and the tzatziki. Serve with the hummus drizzled with olive oil and sprinkled with the remaining rub. Scatter over the remaining parsley. A masterpiece, Chef!

Nutritional Information

Per 100g

Energy	392kJ
Energy	94kcal
Protein	4.7g
Carbs	7g
of which sugars	2.2g
Fibre	1.5g
Fat	4.9g
of which saturated	1.8g
Sodium	139mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within
4 Days