



UCCOOK

Lamb Chop & Minted Couscous Salad

with sun-dried tomatoes & cucumber

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	823.1kJ	3878.8kJ
Energy	196.8kcal	927.3kcal
Protein	9.2g	43.1g
Carbs	14.4g	68g
of which sugars	4.2g	20g
Fibre	2.4g	11.5g
Fat	11.6g	54.5g
of which saturated	4.4g	20.6g
Sodium	86.2mg	406mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
120g	160g	Peas
60g	80g	Fruit & Seed Mix (30g [40g] Dried Apricots & 30g [40g] Sunflower Seeds)
525g	700g	Free-range Lamb Leg Chops
15ml	20ml	NOMU Moroccan Rub
8g	10g	Fresh Mint <i>rinse, pick & tear</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
120ml	160ml	Citrus Mix (60ml [80ml] Orange Juice & 60ml [80ml] Lemon Juice)

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Paper Towel

Butter

Water

1. COUSCOUS Boil the kettle. Place the couscous and peas in a bowl with 225ml [300ml] 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 Roughly chop the apricots and set aside. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and add to the apricots.

3. LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, reserve the pan juices, season, and rest for 5 minutes.

4. JUST BEFORE SERVING In a bowl with the couscous, add the mint, cucumber, sun-dried tomatoes, citrus mix, a generous drizzle of olive oil, and season.

5. TIME TO EAT Dish up the loaded couscous, side with the lamb, sprinkle over the fruit and seed mix, and drizzle over any pan juices (to taste). Well done, Chef!