

UCOOK

Exotic Moroccan Lamb

with bulgur wheat & minty yoghurt

Lamb and rice is nice, but Moroccan-spiced lamb bites resting on a bed of fluffy loaded bulgar wheat salad, topped with a creamy but refreshing mint-yoghurt is amazing!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

250g	Butternut <i>peeled (optional), deseeded & cut into bite-sized pieces</i>
75ml	Bulgur Wheat
4g	Fresh Mint
30ml	Low Fat Plain Yoghurt
1	Onion <i>½ peeled & roughly sliced</i>
150g	Free-range Lamb Chunks
10ml	NOMU Moroccan Rub
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. BULGUR Boil the kettle. Place the bulgur wheat in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

3. MINTY YOGHURT Rinse and roughly chop the mint. In a small bowl, combine the yoghurt with ½ the chopped mint and seasoning. Set aside.

4. SWEET ONIONS Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. LUSH LAMB Return the pan to a medium-high heat with a drizzle of oil. Pat the lamb chunks dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). In the final 1-2 minutes, baste with the NOMU rub and a knob of butter. Remove from the pan. Season and set aside.

6. ALL TOGETHER NOW In a salad bowl, combine the cooked bulgur, the fried onions, the roasted butternut, the rinsed green leaves and seasoning.

7. MMM MOROCCAN Bowl up the loaded bulgur salad. Top with the seared Moroccan lamb bites. Dollop over the herbed-yoghurt, and sprinkle over the remaining mint. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	560kJ
Energy	134kcal
Protein	6.6g
Carbs	14g
of which sugars	1.9g
Fibre	2.6g
Fat	5.4g
of which saturated	2.1g
Sodium	96mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days