UCOOK

Luscious Lamb & Carrot Hummus

with salad leaves & sunflower seeds

Delicious lamb chunks are pan seared until perfect. It is then served on a bed of smooth roasted carrot & cumin hummus and sided with fresh salad leaves. Sprinkled with sunflower seeds for a final flourish of crunch, this dish is simple yet totally tasty and stunning!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

Carb Conscious

Sijnn Wines | Sijnn Red Blend

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Ingredients & Prep

480g	Carrot *rinsed, trimmed & cut into small bite-sized chunks*
5ml	Ground Cumin
1	Tomato
40g	Salad Leaves
40g	Radish
20g	Sunflower Seeds
300g	Free-range Lamb Chunks
80ml	Hummus

From Your Kitchen

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

1. CUMIN CARROTS Preheat the oven to 200°C. Spread out the carrot chunks on a roasting tray, coat in oil, the cumin, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PREP & TOAST While the carrot is roasting, roughly dice the tomato. Rinse and roughly shred the salad leaves. Rinse and slice the radish into rounds. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. LOVELY LAMB When the carrot has 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, add the lamb chunks and fry for 1-2 minutes or until browned. Remove from the heat, season, cover to keep warm, and set aside.

4. ROASTED CARROT HUMMUS When the carrot is done, remove the tray from the oven. Place ½ the roasted carrot into a blender along with the hummus, seasoning, and a drizzle of oil. Pulse until smooth. Add oil in 10ml increments if it is not coming together.

5. KICK OF FRESHNESS In a bowl, combine the shredded salad leaves, the radish rounds, ½ the toasted seeds, the diced tomato, the remaining roasted carrots, and seasoning.

6. HUMMUS BE KIDDING ME! Smear the roasted carrot hummus onto your plate. Top with the lamb chunks and side with the tomato salad. Sprinkle over the remaining sunflower seeds. Yummo, Chef!

Nutritional Information

Per 100g

Energy	467kJ
Energy	112kcal
Protein	5.9g
Carbs	6g
of which sugars	2.6g
Fibre	1.9g
Fat	7.1g
of which saturated	2.5g
Sodium	72mg

Allergens

Allium, Sesame, Sulphites

Cook within 4 Days