



UCOOK

Turkish Spiced Lamb Mince

with fluffy couscous & baby marrow

For an intricate dinner that pleases and delights the senses, this tasteful Turkish dinner is the solution. A plate featuring a generous serving of couscous, topped with a special UCOOK-spiced lamb mince. Sweetened with apricot jam, cooled down with tzatziki, and finished with toasted nuts.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 **Waterford Estate | Waterford Grenache Noir**

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Ingredients & Prep

75ml	Couscous
1	Spring Onion
20g	Mixed Nuts <i>(10g Almonds & 10g Hazelnuts)</i>
100g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
150g	Free-range Lamb Mince
15ml	Spice Mix <i>(10ml NOMU Moroccan Rub, 2,5ml Smoked Paprika & 2,5ml Garlic Powder)</i>
15ml	Tomato Paste
20ml	Apricot Jam
50ml	Tzatziki

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml 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. PREP Rinse, trim and roughly slice the spring onion. Roughly chop the mixed nuts. Set both aside.

3. BABY MARROW Place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow rounds until lightly charred and cooked through, 2-3 minutes (shifting occasionally). Season and remove from the pan.

4. MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the sliced spring onion, the spice mix, and the tomato paste. Fry until fragrant, 3-4 minutes. Deglaze with a splash of water, mix in the apricot jam (to taste), and the charred baby marrow. Remove from the heat and season.

5. DINNER IS READY Make a bed of the fluffy couscous, top with the loaded flavourful mince, and dollops of the tzatziki. Sprinkle over the chopped mixed nuts. Enjoy, Chef!



Chef's Tip

Place the chopped nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	797kJ
Energy	191kcal
Protein	12.7g
Carbs	17g
of which sugars	5.3g
Fibre	2.5g
Fat	9.2g
of which saturated	2.9g
Sodium	162mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days