



# UCCOOK

## Moroccan Spiced Lamb Salad

with pearled barley, black beans & charred corn

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend Red Blend

### Nutritional Info

	Per 100g	Per Portion
Energy	652kJ	3420kJ
Energy	156kcal	818kcal
Protein	7.8g	40.7g
Carbs	16g	83g
of which sugars	1.5g	7.8g
Fibre	3.5g	18.6g
Fat	7.1g	37.4g
of which saturated	2.8g	14.9g
Sodium	97mg	511mg

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

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
75ml	150ml	Pearled Barley
50g	100g	Kale <i>rinse &amp; roughly shred</i>
50g	100g	Corn
150g	300g	Free-range Lamb Chunks
5ml	10ml	NOMU Moroccan Rub
60g	120g	Black Beans <i>drain &amp; rinse</i>
3g	5g	Fresh Parsley <i>rinse &amp; roughly chop</i>
10ml	20ml	Lemon Juice
1	1	Tomato <i>rinse &amp; roughly dice ½ [1]</i>
20ml	40ml	Sour Cream

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. BEGIN WITH THE BARLEY** Place the pearled barley in a pot with 250ml [500ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

**2. CHARRED CORN & KALE** Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Add the kale and fry until slightly wilted, 2-3 minutes. Remove from the pan and set aside.

**3. HERE'S TO FLAVOUR!** Return the pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. Sear the lamb until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside. To ensure the best results, fry them in batches in a single layer. In the final minute, baste with the NOMU rub. Season and set aside.

**4. ALMOST THERE** In a bowl, combine the pearl barley, black beans, corn, kale, ½ the parsley, a drizzle of olive oil, and seasoning. In a separate bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss the tomato through the dressing and set aside.

**5. SENSATIONAL SALAD** Plate up the loaded pearl barley. Top with the spiced lamb and the dressed tomatoes. Dollop over the sour cream and garnish with the remaining parsley. Enjoy, Chef!