



UCOOK

Lamb Rump & Greek Quinoa Salad

with yoghurt & fresh cucumber

Fluffy quinoa is tossed with fresh tomatoes, crunchy cucumber, and salty olives. This is the delicious base to the main event: lamb rump fried and basted in butter and NOMU Provençal Rub; talk about decadence! Finished off with a tangy lemon dressing, there is nothing this dish doesn't offer!


Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

225ml	Quinoa
150ml	Low Fat Plain Yoghurt
2	Tomatoes
150g	Cucumber
75g	Pitted Kalamata Olives <i>drained</i>
60g	Green Leaves <i>rinsed</i>
480g	Free-range Lamb Rump
30ml	NOMU Provençal Rub

From Your Kitchen

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

1. FLUFFY QUINOA Rinse the quinoa and place in a pot. Submerge in 600ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and leave to stand off the heat for at least 5 minutes.

2. SOME PREP & SALAD Roughly dice the tomatoes and cucumber and roughly chop the drained olives. Place the diced cucumber, the diced tomato, and the chopped olives in a salad bowl. Add a drizzle of oil, and season. Just before serving, add the cooked quinoa and the rinsed green leaves to the salad bowl. Toss until fully combined.

3. FRY THE LAMB Place a pan over a medium-high heat with a drizzle of oil. Pat the lamb rump dry with some paper towel and season. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

4. DINNER IS SERVED Make a bed of the quinoa salad. Top with the lamb slices, and drizzle over any pan juices. Finish with a dollop of yoghurt. Well done, Chef!

Nutritional Information

Per 100g

Energy	616kj
Energy	147Kcal
Protein	7.9g
Carbs	11g
of which sugars	1.8g
Fibre	1.7g
Fat	8g
of which saturated	2.8g
Sodium	150mg

Allergens

Dairy, Sulphites

Cook
within
4 Days