

# 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!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Harry Hartman | Somesay Shiraz

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## Ingredients & Prep

750g	Butternut <i>peeled (optional), deseeded &amp; cut into bite-sized pieces</i>
225ml	Bulgur Wheat
12g	Fresh Mint
90ml	Low Fat Plain Yoghurt
2	Onions <i>1½ peeled &amp; roughly sliced</i>
450g	Free-range Lamb Chunks
30ml	NOMU Moroccan Rub
60g	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, 30-35 minutes (shifting halfway).

**2. BULGUR** Boil the kettle. Place the bulgur wheat in a bowl with 225ml 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, 6-7 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, 3-4 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