



UCCOOK

Mediterranean Lamb Salad

with crispy chickpeas

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Koelenhof | Koelenbosch Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	488kJ	2711kJ
Energy	117kcal	649kcal
Protein	5.9g	32.9g
Carbs	5g	30g
of which sugars	2g	11.3g
Fibre	1.8g	9.7g
Fat	7.9g	43.6g
of which saturated	2.4g	13.4g
Sodium	95mg	528mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
180g	240g	Chickpeas <i>drain & rinse</i>
450g	600g	Free-range Lamb Chunks
15ml	20ml	NOMU One For All Rub
300g	400g	Cucumber <i>rinse & cut in half-lengthways</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Pitted Kalamata Olives <i>drain & cut in half</i>
60g	80g	Salad Leaves <i>rinse & roughly chop</i>
8g	10g	Fresh Oregano <i>rinse & pick</i>
90ml	125ml	Herb Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CHICKPEAS When the carrots have reached the halfway mark. Spread the chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 8-10 minutes. Alternatively, air fry at 200°C until crispy, 6-7 minutes (shifting halfway).

3. LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with the NOMU rub and a knob of butter. Remove from the pan with all the pan juices.

4. JUST BEFORE SERVING In a salad bowl, combine the roasted carrots, crispy chickpeas, cucumber, tomato, olives, salad leaves, ½ the oregano, the herb dressing and seasoning.

5. DINNER IS READY Bowl up the warm salad, top with the lamb and any pan juices. Garnish with the remaining oregano and dig in, Chef!