



UCCOOK

Barley & Spiced Lamb Bowl

with black beans & charred corn

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	670kJ	3580kJ
Energy	160kcal	857kcal
Protein	7.9g	42.4g
Carbs	15g	83g
of which sugars	1.7g	9.3g
Fibre	3.5g	18.6g
Fat	7.7g	41.4g
of which saturated	3.3g	17.8g
Sodium	97mg	517mg

Allergens: Cow's Milk, Gluten, Wheat

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Pearled Barley
50g	100g	Kale <i>rinse & roughly shred</i>
50g	100g	Corn
160g	320g	Free-range De-boned Lamb Leg Chunks
5ml	10ml	NOMU Moroccan Rub
60g	120g	Black Beans <i>drain & rinse</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
10ml	20ml	Lemon Juice
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20ml	40ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)
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! Place a 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 cooked pearl barley, the black beans, the charred 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 bites and the dressed tomatoes. Dollop over the sour cream and garnish with the remaining parsley. Enjoy, Chef!