

UCCOOK

Red Pepper Pesto Quinoa & Lamb Chop

with Danish-style feta & fresh basil

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Nitída | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	1166kJ	4700kJ
Energy	279kcal	1124kcal
Protein	12.3g	49.7g
Carbs	19g	75g
of which sugars	1.8g	7.4g
Fibre	2.2g	9g
Fat	17.4g	70.2g
of which saturated	6.5g	26.4g
Sodium	217mg	874mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Quinoa <i>rinse</i>
525g	700g	Free-range Lamb Leg Chops
8g	10g	Fresh Basil
8g	10g	Fresh Parsley
150g	200g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>
60ml	80ml	Pesto Princess Red Pepper Pesto
90g	120g	Danish-style Feta <i>drain</i>
30g	40g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. POPPIN' QUINOA Place the quinoa in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. LIPSMACKING LAMB While the quinoa is simmering, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and rest for 5 minutes.

3. ADD SOME COLOUR Rinse, pick, and roughly chop the basil and parsley. In a bowl, toss together the quinoa, the cucumber, the pickled onions, the herbs, the pesto, a drizzle of olive oil, and seasoning. Crumble over the feta and scatter over the sunflower seeds.

4. DINNER? IT'S DONE! Dish up a heaping helping of the red pepper pesto quinoa. Top with the lamb chop and enjoy, Chef!

Chef's Tip Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.