



UCOOK

Buttery Brioche Bun

**with Roasted Garlic Herbed Butter,
Tomato Oil & Balsamic**

This brioche is ultra soft, rich, buttery and oh so fluffy, yet amazingly light and elegant - it practically melts in your mouth. Served with garlic roasted butter tossed with fresh herbs and spices, roasted tomato oil drizzle and balsamic vinegar sand. Take your taste buds on a flavour trip, No passport required!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 No paired wines

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Ingredients & Prep

160g	Free-Range De-boned Lamb Leg
5ml	NOMU Lamb Rub
1	Garlic Clove <i>peeled & finely diced</i>
1	Lemon <i>one half zested & cut into wedges</i>
100ml	Bulgur Wheat
7.5ml	Pine Nuts
25ml	Plain Yoghurt
10ml	Pesto Princess Chermoula Paste
50g	Peas
20g	Baby Spinach <i>rinsed</i>
80g	Baby Tomatoes <i>quartered</i>
5g	Fresh Parsley <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. MARINATE THE LAMB Pat the lamb dry with some paper towel. Place the lamb leg on a chopping board. Place the palm of your non-cutting hand on top of the lamb. Using a sharp knife, cut horizontally into the flesh but not all the way through, creating one thinner piece of meat. This butterflying process will ensure the lamb cooks evenly. Place the lamb in a shallow dish and coat in the Lamb Rub. Add in half of the chopped garlic and some lemon juice, reserving some for the gremolata. Massage the meat to coat evenly and cover with a plate. Set aside to marinate until frying. If time is on your side, you can let it marinate for longer – anywhere up to 24 hours.

2. START THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 150ml of boiling water and add a drizzle of oil. Gently stir through with a fork, cover with a plate, and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

3. PRECIOUS PINE NUTS Place a pan, large enough to fry the lamb, over a medium heat. When hot, toast the pine nuts for 2-4 minutes until golden, shifting occasionally. Keep a close eye on them; they can burn easily. Remove from the pan on completion and set aside for serving.

4. GET SAUCEY Season the yoghurt to taste. Combine the chermoula paste with 1 tsp of olive oil to create a drizzling consistency. Set both sauces aside for serving. To make the gremolata, place the chopped parsley, the lemon zest, and the remaining grated garlic on a chopping board. Mix it all together and chop until fine and well combined.

5. LOAD UP Submerge the peas in some warm water from the kettle for 2-3 minutes until heated through. Drain on completion. Once the bulgur wheat is cooked, place in a large salad bowl with the gremolata, warm peas, rinsed baby spinach, and quartered baby tomatoes. Toss to combine, season to taste, and set aside for serving.

6. JUICY LAMB LEG Return the pan to a high heat with a drizzle of oil. When hot, brown the lamb for 3-4 minutes in total, shifting as it colours. Then, reduce to a low-medium heat, pop on the lid, and cook for 3-4 minutes per side. Remove from the pan on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

7. TIME TO DINE! Make a bed of loaded bulgur wheat salad and top with the lamb slices. Drizzle over the chermoula sauce and sprinkle with the toasted pine nuts. Serve with the yoghurt on the side and your

Nutritional Information

Per 100g

Energy	757kJ
Energy	181Kcal
Protein	9g
Carbs	16g
of which sugars	2g
Fibre	4g
Fat	9g
of which saturated	3g
Sodium	0mg

Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within
4 Days