

UCOOK

Red Pepper Pesto Quinoa & Lamb Chop

with Danish-style feta & fresh basil

A quick quinoa dish that's the quintessential of what UCOOK's Quick & Easy recipes are all about, Chef! Quinoa is loaded with fresh herbs, cooling cucumber, silky onion, creamy feta & Pesto Princess Red Pepper Pesto. Topped with a juicy lamb chop and finished with sunflower seeds.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

Groote Post Winery | Groote Post Merlot 2021

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Ingredients & Prep

300ml	Quinoa <i>rinse</i>
525g	Free-range Lamb Leg Chops
225g	Sliced Onions
8g	Fresh Parsley
8g	Fresh Basil
150g	Cucumber <i>rinse & roughly dice</i>
90ml	Pesto Princess Red Pepper Pesto
60g	Danish-style Feta <i>drain</i>
30g	Sunflower Seeds

From Your Kitchen

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

1. POPPIN' QUINOA Place the rinsed quinoa in a pot with 600ml 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. Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally).

3. ADD SOME COLOUR Rinse, pick, and roughly chop the mixed herbs. In a bowl, toss together the cooked quinoa, the diced cucumber, the fried onions, the chopped herbs, the pesto, a drizzle of olive oil, and seasoning. Crumble over the drained feta. 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.

Nutritional Information

Per 100g

Energy	1028kJ
Energy	246kcal
Protein	10.8g
Carbs	17g
of which sugars	2.1g
Fibre	2.2g
Fat	14.4g
of which saturated	5.4g
Sodium	154mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days