Eat Within 3 Days

Seared Lamb Bites & Herby Quinoa Bowl

with chickpeas

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	712kJ	3031kJ
Energy	170kcal	725kcal
Protein	9.4g	40.1g
Carbs	13g	56g
of which sugars	2.1g	9.1g
Fibre	2.5g	10.6g
Fat	8.5g	36.1g
of which saturated	3g	12.8g
Sodium	74mg	313mg

Allergens: Sulphites, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Quinoa *rinse*
150g	300g	Free-range Lamb Chunks
60g	120g	Chickpeas *drain & rinse*
5ml	10ml	NOMU Italian Rub
15ml	30ml	Balsamic Vinegar
3g	5g	Fresh Parsley *rinse, pick & roughly chop*
20g	40g	Salad Leaves *rinse & roughly shred*
30g	60g	Peas
100g	200g	Cucumber *rinse & roughly dice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Sugar/Sweetener/Honey
Paper Towel
Water
Butter (optional)

1. QUINOA Place the quinoa in a pot with 150ml [300ml] 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. CHICKPEAS & LAMB Place a pan over medium heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb and the chickpeas until golden, and the lamb is cooked through, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add a knob of butter (optional) and the NOMU rub. Remove from the pan and season.

3. JUST BEFORE SERVING In a salad bowl, combine the vinegar with a generous drizzle of olive oil and mix to emulsify. Add the quinoa, parsley, salad leaves, peas, cucumber, and the chickpea mixture. Toss to combine and season.

4. DINNER IS READY Bowl up the loaded quinoa salad and dig in, Chef!