



UCOOK

Dukkah Lamb & Gooseberry Couscous

with cranberries & fresh mint

Decadent dukkah-crusted lamb rump sided with a couscous salad loaded with crispy chickpeas, golden gooseberries, and fresh mint. Dressed salad leaves with a dollop of creamy mint-laced yoghurt elevates this meal to new heights.

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Leopard's Leap | Cabernet Sauvignon Merlot

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
75ml	Whole Wheat Couscous
30ml	Dukkah
160g	Free-range Lamb Rump
10g	Dried Cranberries <i>roughly chopped</i>
60g	Gooseberries <i>rinsed & halved</i>
20g	Salad Leaves <i>rinsed</i>
30ml	Low Fat Plain Yoghurt
4g	Fresh Mint <i>rinsed, picked & roughly sliced</i>

From Your Kitchen

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

1. CRISP 'EM UP Boil the kettle. Place a pan over medium heat with a drizzle of oil. When hot, add the drained chickpeas and fry for 8-10 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in!

2. COUSCOUS I SAID SO... Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Place the dukkah on a small plate and set aside.

3. FRY THE GOOD STUFF Place a pan over medium-high heat. Pat the lamb dry with paper towel and season. When the pan is hot, sear the lamb, fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the lamb). During the final 1-2 minutes, baste the lamb with a knob of butter. Remove from the pan and allow to rest for 5 minutes.

4. ROLL & TOSS When the lamb has rested, roll it through the dukkah until well coated. Gently slice, season, and set aside. To the bowl with the cooked couscous, add the crispy chickpeas, the chopped cranberries, a drizzle of olive oil, seasoning, and the halved gooseberries. Toss until fully combined.

5. FINAL TOUCHES In a salad bowl, combine the rinsed salad leaves, a drizzle of oil, and seasoning. Set aside. In a small bowl, combine the yoghurt, ½ the sliced mint, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

6. TIME TO CHOW! Plate up a generous helping of the loaded couscous and top with the dukkah-crusted lamb slices. Side with the dressed leaves and drizzle over the minty yoghurt. Garnish with the remaining mint and any remaining dukkah. There you have it, Chef!

Nutritional Information

Per 100g

Energy	858kj
Energy	205kcal
Protein	10.6g
Carbs	17g
of which sugars	1.9g
Fibre	3.6g
Fat	10g
of which saturated	3.4g
Sodium	108mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days