

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: Nitida | Cabernet sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	1142kJ	4614kJ
Energy	273kcal	1103kcal
Protein	12.1g	49.1g
Carbs	18g	74g
of which sugars	2g	8g
Fibre	2.3g	9.4g
Fat	16.3g	66g
of which saturated	6.2g	25g
Sodium	225mg	909mg

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

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>
90ml	125ml	Pesto Princess Red Pepper Pesto
60g	80g	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. Return the pan to medium heat with a drizzle of oil.

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.