



UCCOOK

Painted Wolf's Polenta-dusted Lamb

with a couscous salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Painted Wolf Wines

Wine Pairing: Painted Wolf Wines | The Pack Darius Carignan

Nutritional Info

	Per 100g	Per Portion
Energy	939kJ	4155kJ
Energy	225kcal	993kcal
Protein	10g	44.2g
Carbs	14.5g	64.3g
of which sugars	2g	9g
Fibre	1.8g	7.8g
Fat	13.2g	58.6g
of which saturated	5.8g	25.6g
Sodium	351.6mg	1555.7mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
25ml	50ml	Polenta Crunch <i>(20ml [40ml] Polenta, 2,5ml [5ml] Greek Seasoning & 2,5ml [5ml] Dried Oregano)</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
15ml	30ml	White Balsamic Vinegar
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
175g	350g	Free-range Lamb Leg Chop
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. FLAVOUR PREP Place a pan over medium heat. When hot, fry the polenta crunch, shifting as it colours, 1-2 minutes. Remove from the pan and spread on a plate to cool. In a bowl, combine the tomato, the balsamic vinegar and ½ the parsley. Add a generous drizzle of olive oil, season and set aside.

3. LUSH LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. Sear the lamb until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and coat both sides in the crispy polenta.

4. FINAL TOUCHES Just before serving, toss the feta, olives, marinated tomatoes with all the dressing and crispy onion bits through the couscous.

5. ALL DONE! Plate up the loaded couscous, garnishing with the remaining parsley. Side with the crusted lamb chop. Yum, Chef - dinner is ready!