

UCOOK

Greek Lamb Feasting Platter

with marinated olives, pickled onions & flatbread


Let's feast like the Greek Gods! Lamb cubes are served with pita triangles, marinated olives & feta, a pickled onion and tomato salad, fresh oregano, sunflower seeds, and tangy tzatziki. Perfect for grazing guests or when you just want to snack and laze about!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Paserene | Dark Shiraz

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Ingredients & Prep

20g	Pitted Kalamata Olives <i>drained & halved</i>
30g	Danish-style Feta <i>drained</i>
10ml	NOMU Provençal Rub
30ml	Lemon Juice
1	Red Onion <i>¼ peeled & finely sliced</i>
5g	Sunflower Seeds
160g	Free-range Lamb Shoulder <i>cut into bite-sized cubes</i>
1	Pita Bread
4g	Fresh Oregano <i>rinsed & picked</i>
1	Tomato <i>½ cut into bite-sized chunks</i>
30ml	Tzatziki
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. MARINATION STATION In a bowl, combine the halved olives, the drained feta, ¾ of the rub, ½ the lemon juice, 25ml of olive oil, and seasoning. Set aside to marinate.

2. IN A PICKLE In a small bowl, combine the remaining lemon juice, 15ml of water, and 5ml of a sweetener of choice. Add the sliced onion and toss until coated. Set aside to pickle.

3. THAT'S A BIT SEEDY Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

4. LUSH LAMB Pat the lamb cubes dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the lamb cubes and fry for 5-6 minutes until crispy, shifting as they colour. In the final minute, baste with the remaining rub. Remove from the pan and set aside to rest for 3 minutes.

5. FLATBREAD PARTY Return the pan, wiped down, to a high heat. When hot, warm the pita for 1-3 minutes per side until heated through and starting to brown. Cut into quarters or triangles.

6. ALMOST THERE! Drain the pickling liquid from the onion. In a bowl, combine the pickled onion, ½ the picked oregano, ½ the toasted sunflower seeds, the tomato chunks, a drizzle of oil, and seasoning. Season the tzatziki with salt and pepper.

7. DELISH, CHEF! Let's make the platter! Make a bed of the shredded salad leaves and top with the tomato salad. Side with the marinated olives & feta, the pita pieces, the lamb cubes, and the tzatziki. Sprinkle over the remaining oregano and sunflower seeds. Kali Orexi, Chef!

Nutritional Information

Per 100g

Energy	709kJ
Energy	170kcal
Protein	8.6g
Carbs	13g
of which sugars	2g
Fibre	1.8g
Fat	8.8g
of which saturated	3.6g
Sodium	281mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days