



# UCOOK

## Lamb Souvlaki Bowl

with roasted beetroot & hummus

Opa, Chef! Bring a taste of Greece to your weeknight dinner table with this effortless and simply delicious dish. A tasty bowl of lamb goulash and roasted beetroot is sided with traditional Greek flavours of cucumber & tomato salsa. We think it's about time to bring out the ouzo!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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Carb Conscious

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Domaine Des Dieux | Sangiovese 2017

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## Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
100g	Cucumber <i>rinse &amp; finely dice</i>
1	Tomato <i>rinse &amp; finely dice ½</i>
20g	Pickled Onions <i>drain &amp; finely dice</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
20g	Pitted Black Olives <i>drain &amp; cut in half</i>
150g	Free-range Lamb Chunks
10ml	NOMU Moroccan Rub
40ml	Hummus

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. SIMPLE SALSA** In a bowl, combine the diced cucumber, the diced tomato, the diced onion (to taste), ½ the chopped parsley, the halved olives, a drizzle of oil, and seasoning.

**3. SIZZLING LAMB** Place a pan over medium heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned and cooked through, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and ¾ of the NOMU rub. Remove from the pan and season.

**4. A TRIP TO GREECE** Plate up the roasted beetroot. Side with the lamb goulash, and the tomato salsa. Serve with the hummus drizzled with olive oil and sprinkled with the remaining rub. Scatter over the remaining parsley. A masterpiece, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	5.2g
Carbs	5g
of which sugars	1.5g
Fibre	1.6g
Fat	5.8g
of which saturated	2.1g
Sodium	212mg

## Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat  
Within  
4 Days