



UCCOOK

Lamb Shawarma Tray Bake

with flatbread, tzatziki & sumac

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	659kJ	2986kJ
Energy	158kcal	714kcal
Protein	8.1g	36.5g
Carbs	13g	59g
of which sugars	3.4g	15.3g
Fibre	1.8g	8.1g
Fat	8.9g	40.5g
of which saturated	3.2g	14.4g
Sodium	142mg	643mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Free-range De-boned Lamb Shoulder Chunks
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Artichoke Quarters
5ml	10ml	NOMU Lamb & Roast
1	2	Pita Flatbread/s
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
5ml	10ml	Sumac Spice
40ml	80ml	Tzatziki
20ml	40ml	Red Pepper Hummus
10g	20g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)

Oil (cooking, olive or coconut)

Water

1. **EASY AS 1,2,3** Preheat the oven to 200°C. Place the lamb chunks on a tray with the onion, artichoke, and sun-dried tomato. Coat with oil and the NOMU rub. Season the tray and bake until the lamb is cooked through and the onions begin to brown, 15-20 minutes. Remove from the oven and toss all the ingredients together. Allow to rest for 5 minutes.

2. **PREP STEP** Place the flatbread in the oven and allow it to warm, 4-5 minutes. Combine ½ the parsley and ½ the sumac with the tzatziki, and season.

3. **LIPSMACKING LAMB DINNER** Plate up your flatbread and smear over the hummus. Create a bed of green leaves, top with the lamb, artichoke, and sun-dried tomatoes. Dollop over the tzatziki, and garnish with the remaining parsley and sumac. Enjoy, Chef!