



UCOOK

Leopard's Leap Moroccan Lamb Tortilla

with fresh mint & Danish-style feta

Fast yet flavourful, a crispy tortilla serves as a base for mouth-watering lamb goulash, roasted aubergine, yoghurt, fresh mint, and feta. The Moroccan rub perfectly seasons the lamb to create a rich taste that's simply irresistible. This one is tortilla worth it!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Leopard's Leap Winery

 Quick & Easy

 Leopard's Leap | Cabernet Sauvignon

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into small bite-sized chunks</i>
4g	Fresh Mint
20g	Danish-style Feta
150g	Free-range Lamb Goulash
1	Wheat Flour Tortilla
10ml	NOMU Moroccan Rub
25ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. A TOAST TO ROASTS Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray. Coat in oil, and season. Roast in the hot oven for 20-25 minutes until soft, shifting halfway.

2. COME PREPARED While the aubergine is roasting, rinse and pick the mint. Drain and crumble the feta. Pat the lamb goulash dry with paper towel.

3. CRISPY CRUNCHY Place the tortilla on a lightly greased baking tray. Pop in the hot oven and bake for 5-8 minutes until crispy, shifting halfway.

4. LUSH LAMB Place a pan over high heat with a drizzle of oil. When hot, add the lamb and fry for 2-4 minutes until browned, shifting occasionally. In the final minute, baste with the rub and a knob of butter.

5. THAT'S A WRAP! Plate up the crispy tortilla. Smear on the yoghurt and top with the roasted aubergine, the fried lamb, the crumbled feta, and the picked mint. Good work, Chef!



Chef's Tip

If you don't want a crispy tortilla, dry toast the tortilla in a pan over medium heat for 30-60 seconds per side until heated and lightly browned.

Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	7.4g
Carbs	9g
of which sugars	2.5g
Fibre	2.1g
Fat	8.2g
of which saturated	3.5g
Sodium	227mg

Allergens

Gluten, Dairy, Wheat

Cook
within
4 Days