



UCCOOK

Pesto Quinoa & Lamb Chop

with Danish-style feta & sunflower seeds

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Nitida | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	1215kJ	4822kJ
Energy	290kcal	1153kcal
Protein	12.3g	48.8g
Carbs	18g	72g
of which sugars	1.7g	6.7g
Fibre	2.1g	8.4g
Fat	19.1g	75.9g
of which saturated	6.7g	26.8g
Sodium	219mg	868mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Quinoa <i>rinse</i>
175g	350g	Free-range Lamb Leg Chops
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pickled Onions <i>drain & thinly slice</i>
20ml	40ml	Pesto Princess Sun-dried Tomato Pesto
30g	60g	Danish-style Feta <i>drain</i>
10g	20g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. POPPIN' QUINOA Place the quinoa in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. LIPSMACKING LAMB While the quinoa is simmering, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and rest for 5 minutes.

3. ADD SOME COLOUR In a bowl, toss together the quinoa, the cucumber, the pickled onions, the pesto, a drizzle of olive oil, and seasoning. Crumble over the feta and scatter over the sunflower seeds.

4. DINNER? IT'S DONE! Dish up a heaping helping of the sun-dried tomato pesto quinoa. Top with the lamb chop and enjoy, Chef!

Chef's Tip Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.