



UCCOOK

Mediterranean Lamb Mezze Platter

with marinated olives, pickled onions & pita bread

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Nitída | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	615.3kJ	3847kJ
Energy	147.2kcal	920.6kcal
Protein	7.3g	45.6g
Carbs	11.9g	74.7g
of which sugars	2.2g	13.8g
Fibre	1.4g	8.8g
Fat	7.3g	45.7g
of which saturated	2.9g	18.4g
Sodium	219.1mg	1369.7mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
30g	60g	Danish-style Feta <i>drain</i>
10ml	20ml	NOMU One For All Rub
20ml	40ml	Lemon Juice
1	1	Onion <i>peel & finely slice ¼ [½]</i>
5g	10g	Sunflower Seeds
150g	300g	Free-range Lamb Chunks
1	2	Pita Bread/s
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
30ml	60ml	Tzatziki
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. MARINATION STATION In a bowl, combine the olives, the feta, $\frac{3}{4}$ of the NOMU rub, $\frac{1}{2}$ the lemon juice, 25ml [50ml] of olive oil, and seasoning. Set aside to marinate.

2. IN A PICKLE In a small bowl, combine the remaining lemon juice, 15ml [30ml] of water, and 5ml [10ml] of a sweetener of choice. Add the 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 Return the pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

5. FLATBREAD PARTY Return the pan, wiped down, to a high heat. When hot, warm the pita/s for 1-3 minutes per side until heated through and starting to brown. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. Cut into quarters or triangles.

6. ALMOST THERE! Drain the pickling liquid from the onion. In a bowl, combine the onion, $\frac{1}{2}$ the sunflower seeds, the tomato, a drizzle of olive oil, and seasoning. Season the tzatziki with salt and pepper.

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