

QCOOK

Marinated Olives & Lamb

with crispy lentils

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	567kJ	3068kJ
Energy	136kcal	734kcal
Protein	9.1g	49.4g
Carbs	10g	57g
of which sugars	2.1g	11.1g
Fibre	4.2g	22.6g
Fat	6.3g	34.3g
of which saturated	2.4g	12.8g
Sodium	96mg	517mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Cucumber <i>rinse & cut in half-lengthways</i>
45ml	60ml	Red Wine Vinegar
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Pitted Kalamata Olives <i>drain & cut in half</i>
8g	10g	Fresh Oregano <i>rinse & pick</i>
360g	480g	Tinned Lentils <i>drain & rinse</i>
450g	600g	Free-range Lamb Chunks
15ml	20ml	NOMU Moroccan Rub
60g	80g	Salad Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

Sugar/Sweetener/Honey

1. SOME PREP Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a bowl, combine the vinegar with a generous drizzle of olive oil, a sweetener (to taste), and mix to emulsify. Add the cucumber, tomatoes, olives, ½ the oregano, and toss to combine.

2. LENTILS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 12-15 minutes. Remove from the pan and season.

3. LAMB Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with the NOMU rub and a knob of butter. Remove from the pan with all the pan juices.

4. JUST BEFORE SERVING Add the lentils, and salad leaves to the bowl with the cucumber mixture. Toss to combine.

5. DINNER IS READY Bowl up the warm salad, top with the lamb and any pan juices. Garnish with the remaining oregano and dig in, Chef!