



# UCOOK

## Luscious Lamb & Carrot Hummus

with salad leaves & sunflower seeds

Delicious lamb chunks are pan seared until perfect. It is then served on a bed of smooth roasted carrot & cumin hummus and sided with fresh salad leaves. Sprinkled with sunflower seeds for a final flourish of crunch, this dish is simple yet totally tasty and stunning!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 Carb Conscious

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 Sijnn Wines | Sijnn Red Blend

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## Ingredients & Prep

|       |                                                                         |
|-------|-------------------------------------------------------------------------|
| 720g  | Carrot<br><i>rinsed, trimmed &amp; cut into small bite-sized chunks</i> |
| 7,5ml | Ground Cumin                                                            |
| 2     | Tomatoes                                                                |
| 60g   | Salad Leaves                                                            |
| 60g   | Radish                                                                  |
| 30g   | Sunflower Seeds                                                         |
| 450g  | Free-range Lamb Chunks                                                  |
| 120ml | Hummus                                                                  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender

**1. CUMIN CARROTS** Preheat the oven to 200°C. Spread out the carrot chunks on a roasting tray, coat in oil, the cumin, and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. PREP & TOAST** While the carrot is roasting, roughly dice the tomatoes. Rinse and roughly shred the salad leaves. Rinse and slice the radish into rounds. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. LOVELY LAMB** When the carrot has 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, add the lamb chunks and fry for 1-2 minutes or until browned. Remove from the heat, season, cover to keep warm, and set aside.

**4. ROASTED CARROT HUMMUS** When the carrot is done, remove the tray from the oven. Place ½ the roasted carrot into a blender along with the hummus, seasoning, and a drizzle of oil. Pulse until smooth. Add oil in 10ml increments if it is not coming together.

**5. KICK OF FRESHNESS** In a bowl, combine the shredded salad leaves, the radish rounds, ½ the toasted seeds, the diced tomato, the remaining roasted carrots, and seasoning.

**6. HUMMUS BE KIDDING ME!** Smear the roasted carrot hummus onto your plate. Top with the lamb chunks and side with the tomato salad. Sprinkle over the remaining sunflower seeds. Yummo, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 467kJ   |
| Energy             | 112kcal |
| Protein            | 5.9g    |
| Carbs              | 6g      |
| of which sugars    | 2.6g    |
| Fibre              | 1.9g    |
| Fat                | 7.1g    |
| of which saturated | 2.5g    |
| Sodium             | 72mg    |

## Allergens

Allium, Sesame, Sulphites

Cook  
within  
4 Days