



# UCCOOK

## Red Pepper Pesto Quinoa & Lamb Chop

with Danish-style feta & fresh basil

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Nitida | Cabernet sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	1142kJ	4614kJ
Energy	273kcal	1103kcal
Protein	12.1g	49.1g
Carbs	18g	74g
of which sugars	2g	8g
Fibre	2.3g	9.4g
Fat	16.3g	66g
of which saturated	6.2g	25g
Sodium	225mg	909mg

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

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Quinoa <i>rinse</i>
175g	350g	Free-range Lamb Leg Chop
3g	5g	Fresh Basil
3g	5g	Fresh Parsley
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
20g	40g	Pickled Onions <i>drain &amp; thinly slice</i>
30ml	60ml	Pesto Princess Red Pepper Pesto
20g	40g	Danish-style Feta <i>drain</i>
10g	20g	Sunflower Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**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. Return the pan to medium heat with a drizzle of oil.

**3. ADD SOME COLOUR** Rinse, pick, and roughly chop the basil and parsley. In a bowl, toss together the quinoa, the cucumber, the pickled onions, the herbs, 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 red pepper 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.