

UCOOK

Lamb Bliss Bowl

with hummus, pickled cucumber & roasted carrot


Enjoy this protein-packed dinner number! Succulent lamb leg and roasted carrots lay on a bed of zesty hummus. Served with pickled cucumber ribbons and finished off with a scattering of sunflower seeds and fresh mint leaves.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Boschendal | Nicolas

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
20ml	White Wine Vinegar
100g	Cucumber <i>peeled into ribbons</i>
50ml	Hummus
1	Lemon <i>½ zested & cut into wedges</i>
160g	Free-range Lamb Leg
15ml	NOMU Spanish Rub
10g	Sunflower Seeds
4g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. LET'S GET GOING! Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

2. IN A PICKLE In a bowl, add the vinegar (to taste), 5ml of a sweetener of choice, and 10ml of water. Mix until the sweetener is fully dissolved. Add the cucumber ribbons, toss until fully coated, and set aside to pickle.

3. ZESTY HUMMUS In a bowl, combine the hummus with the lemon zest (to taste), a squeeze of lemon juice (to taste), and seasoning.

4. SUCCULENT LAMB When the carrots have 15-20 minutes remaining, place a nonstick pan over a medium-high heat. Pat the lamb leg dry with a paper towel. Coat in oil, the rub, and seasoning. When the pan is hot, brown the lamb for 3-4 minutes in total, shifting as it colours. Once browned, add to the roasting tray, with the carrots, to finish cooking in the oven for 5-8 minutes or until cooked to your liking. On completion, rest for 5 minutes before slicing. Lightly season the slices. Drain the pickling liquid from the cucumber.

5. MARY HAD A TASTY LAMB! Make a bed of the zesty hummus. Top with the succulent lamb slices. Side with the carrot wedges and the pickled cucumber. Sprinkle over the sunflower seeds and the mint leaves. Serve with any remaining lemon wedges. Great work, Chef!

Nutritional Information

Per 100g

Energy	480kJ
Energy	115Kcal
Protein	5.9g
Carbs	7g
of which sugars	2.8g
Fibre	2.1g
Fat	7.3g
of which saturated	2.8g
Sodium	192mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days