



UCOOK

Paardenkloof's Moroccan-style Lamb

with quinoa & mint yoghurt


Savour the intricate, exotic tastes of Morocco - no tagine necessary. Our culinary trip starts with a bed of red & white quinoa, dotted with toasted almonds & dried apricots. The next stop is a NOMU Moroccan Rub-spiced leg of lamb, followed by a refreshing side salad. We reach our destination by dolloping over a cooling mint yoghurt. Morocco has arrived in your kitchen, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Paardenkloof Winery

 Adventurous Foodie

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

75ml	Red & White Quinoa <i>rinse</i>
30ml	White Wine Vinegar
1	Onion <i>peel & finely slice ¼</i>
6g	Mixed Herbs <i>(3g Fresh Coriander & 3g Fresh Mint)</i>
50ml	Low Fat Plain Yoghurt
10g	Almonds <i>roughly chop</i>
160g	Free-range Deboned Lamb Leg
10ml	NOMU Moroccan Rub
10g	Dried Apricots <i>roughly chop</i>
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. KEEN ON QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover 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. QUICK PICKLE In a bowl, combine the vinegar with a splash of cold water, a sweetener, and seasoning. Toss through the sliced onions (to taste) and set aside.

3. MIX IT UP Rinse the mixed herbs. Separate the coriander and the mint, then pick and roughly chop the leaves. In a bowl, combine ¾ of the chopped mint, the plain yoghurt, a drizzle of olive oil, and seasoning. Set the minty yoghurt and the chopped coriander aside.

4. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. LIP-SMACKING LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, fry the lamb until browned, 5-8 minutes (shifting as it colours). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

6. LOAD WITH FLAVOUR Once the quinoa is done, mix through ½ the toasted nuts and the chopped apricots. Cover and set aside.

7. MAKE THE SALAD Drain the onions from the pickling liquid and place into a salad bowl. Toss together with the rinsed leaves, the cucumber half-moons, the remaining nuts, ½ the chopped coriander, a drizzle of olive oil, and seasoning. Set aside.

8. MMMOROCCAN! Make a bed of the sweet & nutty quinoa and top with the sliced lamb. Serve the loaded salad alongside and dollop over the minty yoghurt. Garnish with the remaining coriander.

Nutritional Information

Per 100g

Energy	758kj
Energy	181kcal
Protein	9g
Carbs	15g
of which sugars	3.2g
Fibre	2.3g
Fat	9.6g
of which saturated	3.4g
Sodium	125mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days