



UCOOK

Moroccan Beet Labneh & Lamb

with toasted pita quarters & cucumber rounds

Roasted carrot is the delicious accompaniment to luscious lamb shoulder cubes. Sided with a generous helping of roasted beetroot labneh, a soft Middle Eastern cheese made from strained yoghurt. Toasted pita triangles means you can scoop up every last bit of tastiness. Get ready to feast!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Adventurous Foodie

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

300g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
360g	Carrot <i>rinsed, trimmed & cut into wedges</i>
22,5ml	NOMU Moroccan Rub
480g	Free-range Lamb Shoulder Chunks
150ml	Labneh
60g	Salad Leaves <i>rinsed</i>
150g	Cucumber <i>cut into thin rounds</i>
15g	Sunflower Seeds
3	Pita Breads

From Your Kitchen

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

1. GOOD. BETTER. BEET. Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Place the carrot wedges on a separate roasting tray. Coat in oil, the NOMU rub, and seasoning. Set aside.

2. ROAST VEG When the beetroot has been in for 10 minutes, pop the tray of dressed carrot wedges into the hot oven. Roast for the remaining time until the vegetables are cooked through and crisping up, shifting halfway.

3. LUSCIOUS LAMB When the veg has 10 minutes remaining, 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 (shifting occasionally). Remove from the pan, season and set aside.

4. LEKKER LABNEH When the veg is done, place the roasted beetroot in a blender with 6 tbsp of water. Pulse until smooth. Remove from the blender and place in a bowl. Add the labneh and season. Loosen with water in 5ml increments until hummus consistency. Set aside. In a bowl, combine the rinsed green leaves, the cucumber rounds, a drizzle of olive oil, and seasoning.

5. TOASTED SEEDS Return the pan, wiped down, to medium heat. When hot, toast the sunflower seeds until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

6. PITA PARTY Return the pan to medium heat and toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

7. SERVE IT UP! Plate up the lamb chunks, side with the roasted carrot wedges and the salad. Serve with the toasted pita triangles. Scatter the sunflower seeds over the salad and serve the beetroot labneh on the side for dipping. Delish dish, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway). Add the seasoned carrot wedges after 10 minutes.

Nutritional Information

Per 100g

Energy	664kJ
Energy	159kcal
Protein	8.2g
Carbs	12g
of which sugars	1.7g
Fibre	1.8g
Fat	8g
of which saturated	4.1g
Sodium	327mg

Allergens

Gluten, Dairy, Wheat

Cook
within
4 Days