



# UCCOOK

## Harissa Spiced Lamb Salad

**with bulgur wheat, black beans & charred corn**

Today we're paying tribute to the wonderfully fragrant tastes of Tunisia with this salad of browned lamb chunks, fluffy bulgur wheat, charred corn, fresh coriander & a dollop of sour cream. Sided with a zingy tomato salad for freshness.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Quick & Easy

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 Sijnn Wines | Sijnn Red Blend

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## Ingredients & Prep

75ml	Bulgar Wheat
60g	Black Beans
4g	Fresh Coriander
20g	Salad Leaves
1	Tomato
50g	Corn
150g	Free-range Lamb Chunks
10ml	Pesto Princess Harissa Paste
15ml	Lemon Juice
20ml	Sour Cream

## From Your Kitchen

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

**1. BEGIN WITH THE BULGUR** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 75ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

**2. PREP STEP** Drain and rinse the black beans. Rinse and pick the coriander. Rinse and roughly shred the salad leaves. Roughly dice ½ the tomato.

**3. CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry for 3-4 minutes until lightly charred, shifting occasionally. Remove from the pan and set aside.

**4. HERE'S TO HARISSA** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the lamb chunks and fry for 4-5 minutes or until browned, shifting as they colour. To ensure the best results, fry them in batches in a single layer. Remove from the pan and toss through the harissa paste. Season and set aside.

**5. ALMOST THERE** In a bowl, combine the cooked bulgur, the rinsed black beans, the charred corn, ½ the picked coriander, a drizzle of olive oil, and seasoning. In a separate bowl, combine the lemon juice, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning, the shredded leaves, and the diced tomato.

**6. SENSATIONAL SALAD** Plate up the bulgur salad. Top with the harissa lamb bites and dollops of sour cream. Garnish with the remaining coriander. Side with the fresh tomato salad. Enjoy!

## Nutritional Information

Per 100g

Energy	708kj
Energy	169kcal
Protein	8.6g
Carbs	16g
of which sugars	1.5g
Fibre	2.9g
Fat	8.3g
of which saturated	3.2g
Sodium	91.2mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days