

UCCOOK

Moroccan Lamb Stew

with olives, NOMU Moroccan Rub & herby couscous

Savor the rich and aromatic flavors of Morocco with our mouth-watering lamb stew. Tender pieces of lamb simmered in NOMU Moroccan Rub, tomato passata, and tender carrot. Topped with fresh mint for a touch of brightness and served over a bed of fluffy couscous. A comforting and satisfying meal perfect for any night.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

| | |
|-------|--|
| 150g | Free-range Lamb Chunks |
| 1 | Onion <i>½ peeled & roughly diced</i> |
| 7,5ml | NOMU Moroccan Rub |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 10g | Fresh Ginger <i>peeled & grated</i> |
| 120g | Carrot <i>rinsed, trimmed & cut into small chunks</i> |
| 100ml | Tomato Passata |
| 15g | Pitted Kalamata Olives <i>drained & halved</i> |
| 4g | Fresh Mint |
| 75ml | Whole Wheat Couscous |

From Your Kitchen

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

1. LAMB Pat the lamb dry with paper towel and cut into small pieces. Place a pot over medium heat with a drizzle of oil. When hot, add the lamb and fry for 3-4 minutes until browned, shifting occasionally. Add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the rub, the grated garlic, the grated ginger, and the carrot chunks. Fry for 1-2 minutes until fragrant, shifting constantly.

2. STEW When the garlic is fragrant, add the tomato passata and 200ml of water to the pot. Simmer for 15-20 minutes or until thickened to the desired consistency, stirring occasionally. In the final 1-2 minutes, add the halved olives, seasoning, and a sweetener of choice. Add a splash of warm water if it's too thick for your liking.

3. COUSCOUS While the stew is simmering, boil the kettle. Rinse and roughly chop the mint. Set aside. Using a shallow bowl, submerge the couscous in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, thoss through $\frac{3}{4}$ of the chopped mint.

4. GOOD WORK! Make a bed of the herby couscous and top with the stew. Garnish with the remaining mint. Time to dine, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 553kj |
| Energy | 132kcal |
| Protein | 6.7g |
| Carbs | 13g |
| of which sugars | 3.3g |
| Fibre | 2.2g |
| Fat | 5.8g |
| of which saturated | 2.2g |
| Sodium | 143mg |

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days