



QCOOK

Lamb Souvlaki Bowl

with roasted beetroot, hummus & tzatziki

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	392kj	3053kj
Energy	94kcal	731kcal
Protein	6.3g	49.3g
Carbs	5g	43g
of which sugars	2.3g	17.7g
Fibre	1.5g	11.8g
Fat	4.9g	38.2g
of which saturated	1.8g	13.9g
Sodium	177mg	1376mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30g	60g	Pitted Kalamata Olives <i>drain & halve</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150g	300g	Free-range Lamb Mince
10ml	20ml	NOMU Moroccan Rub
40ml	80ml	Tzatziki
40ml	80ml	Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. ROAST BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the cucumber, the tomatoes, the onion (to taste), ½ the parsley, a drizzle of olive oil, and seasoning.

3. LAMB MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and ¾ NOMU rub, working quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

4. A TRIP TO GREECE Plate up the roasted beetroot, topped with the lamb mince, the tomato salsa, and the tzatziki. Side with the hummus, drizzled with olive oil and sprinkled with the remaining NOMU rub. Scatter over the remaining parsley. A masterpiece, Chef!