



# UCOOK

## Lamb Rump & Greek Quinoa Salad

with yoghurt & fresh cucumber

Fluffy quinoa is tossed with fresh tomatoes, crunchy cucumber, and salty olives. This is the delicious base to the main event: lamb rump fried and basted in butter and NOMU Provençal Rub; talk about decadence! Finished off with a tangy lemon dressing, there is nothing this dish doesn't offer!

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Niel Joubert | Reserve Shiraz

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## Ingredients & Prep

75ml	Quinoa
50ml	Low Fat Plain Yoghurt
1	Tomato
50g	Cucumber
25g	Pitted Kalamata Olives <i>drained</i>
20g	Green Leaves <i>rinsed</i>
160g	Free-range Lamb Rump
10ml	NOMU Provençal Rub

## From Your Kitchen

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

**1. FLUFFY QUINOA** Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and leave to stand off the heat for at least 5 minutes.

**2. SOME PREP & SALAD** Roughly dice the tomato and cucumber and roughly chop the olives. Place in a salad bowl, add a drizzle of oil, and season. Just before serving, add the cooked quinoa and the rinsed green leaves to the salad bowl. Toss until fully coated and combined.

**3. FRY THE LAMB** Place a pan over a medium-high heat with a drizzle of oil. Pat the lamb rump dry with some paper towel and season. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**4. DINNER IS SERVED** Make a bed of the quinoa salad. Top with the lamb slices, and drizzle over any pan juices. Finish with a dollop of yoghurt. Well done, Chef!

## Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	7.9g
Carbs	11g
of which sugars	1.8g
Fibre	1.7g
Fat	8g
of which saturated	2.8g
Sodium	150mg

## Allergens

Dairy, Sulphites

Cook  
within  
4 Days