



UCOOK

Textures Of Lebanon

with lamb mince, Mujadara & caramelised onions

Get ready for a taste of Lebanon! Mujadara boasts an array of flavours and textures; lentils, rice, crisped caramelised onions, and almond flakes. We've pumped it up with lamb mince and served it with hummus, and a baby marrow, cranberry and green leaf salad.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

150g	Free-range Lamb Mince
7,5ml	NOMU Moroccan Rub
30ml	Dried Brown Lentils
15g	Flaked Almonds
1	Onion <i>peeled & finely sliced</i>
75ml	White Basmati Rice
5ml	Vegetable Stock
100g	Baby Marrow <i>rinsed, trimmed & cut into rounds</i>
20g	Dried Cranberries <i>roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
3g	Fresh Mint <i>rinsed & picked</i>
65ml	Hummus

From Your Kitchen

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

1. LET IT SIMMER Place a pot over medium heat with a drizzle of oil, when hot, add the mince and ½ of the Moroccan rub. Cook for 5-6 minutes, breaking up the mince as it cooks, until browned. Rinse the lentils and add to the pot of mince. Submerge in 300ml of water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until slightly softened but not cooked.

2. GOLDEN ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. CRISPY ONIONS Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes until golden brown, shifting regularly. On completion, turn up the heat and sauté until crisped, then remove the pan from the heat.

4. GET IN THE MIX When the lentils have finished simmering, stir in the rinsed rice, veg stock, and seasoning. Bring back up to a simmer and replace the lid. Cook for 10-15 minutes or until the liquid has been absorbed and the rice and lentils are cooked. Add more water if it dries out before the lentils and rice are cooked. Keeping the lid on, remove the pot from the heat and set aside to steam for about 5 minutes.

5. FLAVOUR-PACKED SALAD Place the baby marrow rounds in a bowl. Toss through the remaining Moroccan rub and some oil until coated. Place a pan (use a grill pan if you have one) over a high heat. When smoking hot, fry the baby marrow for 2-3 minutes until charred. Return to the bowl and toss through ½ the chopped dried cranberries, ½ of the toasted almonds and rinsed green leaves.

6. A TRIP TO LEBANON! Scoop a generous portion of mujadara into a bowl and top with the crispy onion. Scatter over the remaining almonds and mint leaves. Spoon in the baby marrow salad. Plate up the hummus and use the back of a spoon to create a swirl on the surface. Drizzle with olive oil, and sprinkle over the remaining dried cranberries. Have the Lebanese-style hummus at hand for dolloping as you please! Sahtein, Chef!



Chef's Tip

The fried onion's crunch elevates this dish! It should be deep brown but not burnt, so if it's browning too quickly, reduce the heat. If bits get stuck to the pot, deglaze it with drops of water and a good scrape.

Nutritional Information

Per 100g

Energy	785kj
Energy	188Kcal
Protein	10.4g
Carbs	20g
of which sugars	2.8g
Fibre	3.5g
Fat	7.9g
of which saturated	2.6g
Sodium	222mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days