



UCCOOK

Luscious Lamb & Carrot Hummus

with salad leaves & sunflower seeds

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Stettyn Wines | Stettyn Family Range
Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	431kj	2679kj
Energy	103kcal	641kcal
Protein	5.4g	33.8g
Carbs	6g	36g
of which sugars	2.6g	15.9g
Fibre	1.8g	10.9g
Fat	6.4g	40g
of which saturated	2.2g	13.9g
Sodium	65mg	403mg

Allergens: Allium, Sesame, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

240g	480g	Carrot <i>rinse, trim & cut into small bite-sized chunks</i>
2,5ml	5ml	Ground Cumin
1	1	Tomato
20g	40g	Salad Leaves
50g	100g	Cucumber
10g	20g	Sunflower Seeds
150g	300g	Free-range Lamb Chunks
40ml	80ml	Hummus

From Your Kitchen

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

1. CUMIN CARROTS Preheat the oven to 200°C. Spread out the carrot on a roasting tray, coat in oil, the cumin, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PREP & TOAST While the carrot is roasting, roughly dice the tomato. Rinse and roughly shred the salad leaves. Rinse and slice the radish into rounds. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. LOVELY LAMB When the carrot has 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, add the lamb chunks and fry for 1-2 minutes or until browned. Remove from the heat, season, cover to keep warm, and set aside.

4. ROASTED CARROT HUMMUS When the carrot is done, remove the tray from the oven. Place ½ the carrot into a blender along with the hummus, seasoning, and a drizzle of oil. Pulse until smooth. Add oil in 10ml increments if it is not coming together.

5. KICK OF FRESHNESS In a bowl, combine the salad leaves, the cucumber, ½ the seeds, the tomato, the remaining carrot, and seasoning.

6. HUMMUS BE KIDDING ME! Smear the roasted carrot hummus onto your plate. Top with the lamb chunks and side with the tomato salad. Sprinkle over the remaining sunflower seeds. Yummo, Chef!