



# UCOOK

## Moroccan Beet Labneh & Lamb

with toasted pita quarters & cucumber rounds

Roasted carrot is the delicious accompaniment to luscious lamb shoulder cubes. Sided with a generous helping of roasted beetroot labneh, a soft Middle Eastern cheese made from strained yoghurt. Toasted pita triangles means you can scoop up every last bit of tastiness. Get ready to feast!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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 Adventurous Foodie

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 Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

200g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
240g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
15ml	NOMU Moroccan Rub
320g	Free-range Lamb Shoulder Chunks
100ml	Labneh
40g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>cut into thin rounds</i>
10g	Sunflower Seeds
2	Pita Breads

## From Your Kitchen

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

**1. GOOD. BETTER. BEET.** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). In a bowl, toss the carrot wedges with a drizzle of oil, seasoning, and the NOMU rub. Set aside.

**2. ROAST VEG** When the beetroot has been in for 10 minutes, add the dressed carrot wedges to the other half of the tray. Roast for the remaining time until the vegetables are cooked through and crisping up, shifting halfway.

**3. LUSCIOUS LAMB** When the veg has 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Remove from the pan, season and set aside.

**4. LEKKER LABNEH** When the veg is done, place the roasted beetroot in a blender with 4 tbsp of water. Pulse until smooth. Remove from the blender and place in a bowl. Add the labneh and season. Loosen with water in 5ml increments until hummus consistency. Set aside. In a bowl, combine the rinsed green leaves, the cucumber rounds, a drizzle of olive oil, and seasoning.

**5. TOASTED SEEDS** Return the pan, wiped down, to medium heat. When hot, toast the sunflower seeds until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**6. PITA PARTY** Return the pan to medium heat and toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

**7. SERVE IT UP!** Plate up the lamb chunks, side with the roasted carrot wedges and the salad. Serve with the toasted pita triangles. Scatter the sunflower seeds over the salad and serve the beetroot labneh on the side for dipping. Delish dish, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway). Add the seasoned carrot wedges after 10 minutes.

## Nutritional Information

Per 100g

Energy	664kJ
Energy	159kcal
Protein	8.2g
Carbs	12g
of which sugars	1.7g
Fibre	1.8g
Fat	8g
of which saturated	4.1g
Sodium	327mg

## Allergens

Gluten, Dairy, Wheat

Cook  
within  
4 Days