



UCCOOK

Za'atar Lamb Shoulder & Barley

with crispy pita chunks & tzatziki

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	762kJ	4815kJ
Energy	182kcal	1152kcal
Protein	8.3g	52.1g
Carbs	24g	149g
of which sugars	4.2g	26.4g
Fibre	3.6g	22.8g
Fat	6.1g	38.3g
of which saturated	2.2g	13.9g
Sodium	183mg	1156mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Free-range De-boned Lamb Shoulder Chunks
1	1	Onion <i>peel & finely slice ½ [1]</i>
5ml	10ml	Za'atar Spice
15ml	30ml	Pesto Princess Harissa Paste
15ml	30ml	Tomato Paste
75ml	150ml	Pearled Barley
60g	120g	Butter Beans <i>drain & rinse</i>
1	1	Pita Bread
20g	40g	Pitted Dates <i>roughly chop</i>
50ml	100ml	Tzatziki
3g	5g	Fresh Mint <i>rinse, pick & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. LAMB Place a pot over high heat with a drizzle of oil. Pat the lamb dry with paper towel, cut into small pieces, and season. When hot, sear the lamb until browned, 4-6 minutes (shifting occasionally).

2. LAYERED FLAVOURS Add the onion to the pot and fry until soft and lightly golden, 5-6 minutes. Add a knob of butter and za'atar spice, and fry until fragrant, 30-60 seconds. Mix in the harissa paste, tomato paste, and barley, and cook until combined, 2-3 minutes. Add 400ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the lamb is soft and barley is al dente and saucy (risotto consistency), 35-40 minutes (stirring occasionally).

3. BEANS In the final 5-8 minutes, add the beans to the pot and cook until warmed through. Remove from the heat, add a sweetener (to taste) and season (to taste).

4. CRISPY PITA Place a pan over medium-high heat with a knob of butter. Cut the pita in half lengthways and then into small triangles. Coat in oil and seasoning. When hot, toast until crispy and golden, 4-5 (shifting as it colours). Remove from the pan. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

5. TIME TO EAT Bowl up the za'atar lamb and barley. Scatter over the dates and crispy pita triangles. Finish with dollops of tzatziki and garnish with the mint. Cheers, Chef!

Chef's Tip