



# UCCOOK

## Pineapple & Lime Lamb Salad

with charred corn, radish & Danish-style feta

A delicious dish boasting epic tropical flavours. Lamb chunks are cooked with spicy chilli flakes and laid over a loaded couscous salad with crunchy cucumber, creamy feta and most delicious of all, a tangy pineapple and lime dressing!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Delheim Wines | Delheim Gewürztraminer

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## Ingredients & Prep

|       |                         |
|-------|-------------------------|
| 150ml | Couscous                |
| 40g   | Radish                  |
| 100g  | Cucumber                |
| 40g   | Green Leaves            |
| 5g    | Fresh Mint              |
| 40g   | Danish-style Feta       |
| 2     | Tinned Pineapple Rings  |
| 20ml  | Lime Juice              |
| 80g   | Corn                    |
| 300g  | Free-range Lamb Goulash |
| 5ml   | Dried Chilli Flakes     |

## From Your Kitchen

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

**1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 150ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. SOME PREP** Rinse the radish and slice into rounds. Rinse and cut the cucumber into half-moons. Rinse the green leaves. Rinse and roughly slice the fresh mint. Drain the feta.

**3. A TROPICAL DRIZZLE** In a blender, add the pineapple, the lime juice, ½ the sliced mint, and 40ml of water. Pulse until smooth and a drizzling consistency. Season and set aside.

**4. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. SPICY MOMENT** Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb chunks with the chilli flakes (to taste) until browned, 1-2 minutes per side. Remove from the heat.

**6. LOADED COUSCOUS SALAD** To the bowl with the cooked couscous, toss through the rinsed green leaves, the cucumber half-moons, the radish rounds, the charred corn, a drizzle of olive oil, and seasoning.

**7. LOVELY LIMEY LAMB** Plate up the loaded couscous salad. Top with the spicy lamb and the drained feta. Drizzle over the pineapple-lime dressing. Sprinkle with the remaining mint. Stunning work, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 737kJ   |
| Energy             | 176kcal |
| Protein            | 9.5g    |
| Carbs              | 14g     |
| of which sugars    | 2.8g    |
| Fibre              | 1.6g    |
| Fat                | 8.8g    |
| of which saturated | 3.8g    |
| Sodium             | 80.1mg  |

## Allergens

Gluten, Dairy, Wheat, Sulphites

Cook  
within  
4 Days