



UCOOK

Lamb & Moroccan Beet Labneh

with toasted pita quarters & radish rounds


Take a whirlwind romantic trip to the Middle East with this Moroccan-inspired dish. Roasted carrot is the delicious accompaniment to luscious lamb shoulder cubes. Toasted pita triangles means you can scoop up every last bit of tastiness. Sided with a generous helping of roasted beetroot labneh, a soft Middle Eastern cheese made from strained yoghurt. The perfect Valentine's dinner!


Hands-on Time: 35 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Megan Bure

 Adventurous Foodie

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

400g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
480g	Carrot <i>rinsed, trimmed & cut into wedges</i>
40ml	NOMU Moroccan Rub
640g	Free-range Deboned Lamb Shoulder
200ml	Labneh
80g	Green Leaves <i>rinsed</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
4	Pita Breads
20g	Sunflower Seeds

From Your Kitchen

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

1. GOOD. BETTER. BEET. Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes. Place the carrot wedges on a separate roasting tray. Coat in oil, the rub, and seasoning. Set aside.

2. DO YOU KNOW CARROT-E? When the beetroot has been in for 10 minutes, pop the tray of carrot wedges into the hot oven. Roast in the hot oven for the remaining time until the vegetables are cooked through and crisping up, shifting halfway.

3. LET'S MAKE THE LAMB When the veg has 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, fry the lamb cubes for 5-6 minutes until crispy, shifting as they colour. To ensure the best results, fry them in batches in a single layer. Remove from the pan and set aside to rest for 3 minutes.

4. LEKKER LABNEH When the veg is done, place the roasted beetroot in a blender along with 8 tbsp of water. Pulse until smooth. Remove from the blender and place in a bowl. Add the labneh and some seasoning. Loosen with water in 5ml increments until the consistency of hummus. Set aside for serving. In a bowl, combine the rinsed green leaves, the radish rounds, a drizzle of oil, and seasoning.

5. IT'S A PITA PARTY Return the pan, wiped down, to a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, toast the pitas in the hot oven for 3-4 minutes until heated through and crisp. Cut into quarters.

6. SERVE IT UP! Plate up the lamb chunks and 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.



Chef's Tip

If you want to toast your seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	713kj
Energy	171kcal
Protein	8.6g
Carbs	13g
of which sugars	1.8g
Fibre	2.4g
Fat	8.6g
of which saturated	4.4g
Sodium	363mg

Allergens

Gluten, Dairy, Wheat

Cook
within 3
Days