

UCCOOK

Moroccan Lamb Stew

with olives, NOMU Moroccan Rub & herby couscous

Savor the rich and aromatic flavors of Morocco with our mouth-watering lamb stew. Tender pieces of lamb simmered in NOMU Moroccan Rub, tomato passata, and tender carrot. Topped with fresh mint for a touch of brightness and served over a bed of fluffy couscous. A comforting and satisfying meal perfect for any night.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

 Fan Faves

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

600g	Free-range Lamb Chunks
2	Onions <i>peeled & roughly diced</i>
30ml	NOMU Moroccan Rub
2	Garlic Cloves <i>peeled & grated</i>
40g	Fresh Ginger <i>peeled & grated</i>
480g	Carrot <i>rinsed, trimmed & cut into small chunks</i>
400g	Tomato Passata
60g	Pitted Kalamata Olives <i>drained & halved</i>
15g	Fresh Mint
300ml	Whole Wheat Couscous

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. LAMB Pat the lamb dry with paper towel and cut into small pieces. Place a pot over medium heat with a drizzle of oil. When hot, add the lamb and fry for 3-4 minutes until browned, shifting occasionally. Add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the rub, the grated garlic, the grated ginger, and the carrot chunks. Fry for 1-2 minutes until fragrant, shifting constantly.

2. STEW When the garlic is fragrant, add the tomato passata and 800ml of water to the pot. Simmer for 20-25 minutes or until thickened to the desired consistency, stirring occasionally. In the final 1-2 minutes, add the halved olives, seasoning, and a sweetener of choice. Add a splash of warm water if it's too thick for your liking.

3. COUSCOUS While the stew is simmering, boil the kettle. Rinse and roughly chop the mint. Set aside. Using a shallow bowl, submerge the couscous in 400ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, toss through $\frac{3}{4}$ of the chopped mint.

4. GOOD WORK! Make a bed of the herby couscous and top with the stew. Garnish with the remaining mint. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	553kJ
Energy	132kcal
Protein	6.7g
Carbs	13g
of which sugars	3.3g
Fibre	2.2g
Fat	5.8g
of which saturated	2.2g
Sodium	143mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days