



U C O O K

— COOKING MADE EASY

LAMB & HALLOUMI- CIABATTINI

**with pesto-yoghurt dressing &
homemade tomato relish**

Enjoy a luxury sandwich and more luxury time with this nippy number! Juicy karoo lamb meatballs, sticky relish, rocket pesto dressing, and crisped halloumi. All packed inside a fresh baby ciabatta from Schoon.

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

1	Onion <i>one half peeled</i>
150g	Karoo Lamb Mince
15ml	NOMU Provençal Rub
100g	Baby Tomatoes <i>rinsed & thinly sliced</i>
10ml	Sherry Vinegar
1	Schoon Ciabattini <i>sliced in half lengthways</i>
80g	Halloumi <i>sliced into 1cm thick slabs</i>
10ml	Pesto Princess Rocket Pesto
30ml	Plain Yoghurt
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. PREP THE MEATBALLS Preheat the oven to 220°C. Slice the peeled onion half in two. Finely dice one onion quarter for the meatballs and thinly slice the remaining quarter. Combine the lamb mince with the diced onion, half of the Provençal Rub, and some seasoning. Roll the mixture into 3-4 meatballs and place on a lightly greased baking tray. Set aside until it's time to bake them.

2. STICKY TOMATO RELISH Place a pan over a medium heat with a drizzle of oil. When hot, sauté the sliced onion for 2-3 minutes until starting to soften but still slightly crunchy. Add the remaining Provençal Rub and the sliced baby tomatoes and sauté for 3-4 minutes until soft. Pour in the sherry vinegar to taste and cook for a further 1-2 minutes until absorbed. Break up the tomatoes as they cook, allowing them to become sticky and form a relish. On completion, place in a bowl and cover to keep warm. Set aside until serving.

3. BAKED MEATBALLS & CIABATTINI Once your relish is complete, pop the meatballs in the hot oven for 8-10 minutes until cooked through and glossy. At the halfway mark, pop the ciabattini halves in the oven, cut-side up, for 3-4 minutes until lightly crispy and heated through.

4. GOLDEN SLABS OF HALLOUMI While the meatballs and bread are in the oven, wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, fry the slabs of halloumi for 1-2 minutes per side until crispy and golden. Set aside to drain on some paper towel (and try not to eat them all before serving!)

5. ROYAL PESTO DRESSING In a bowl, combine the rocket pesto with the yoghurt and season to taste. Butter the inside of the toasted ciabattini (optional).

6. LOAD UP YOUR SARMIE Arrange a layer of rinsed green leaves on the bottom half of the ciabattini. Top with the tomato and onion relish, then the succulent lamb meatballs. Lay the slices of crispy halloumi on top and drizzle with lots of pesto-yoghurt dressing. Close up the sandwich with the other ciabattini half and serve any remaining fillings on the side. Tuck in, Chef!



Chef's Tip

If your ciabattini is slightly hard, pop a splash of water on the bottom of the oven while heating it up. This creates steam that helps to soften and re-jazz the ciabattini!

Nutritional Information

Per 100g

Energy	779kj
Energy	186Kcal
Protein	10.8g
Carbs	15g
of which sugars	2.2g
Fibre	3.1g
Fat	9.1g
of which saturated	4.5g
Sodium	349mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days