



# UCCOOK

## Moroccan Spiced Lamb Salad

**with pearled barley, black beans & charred corn**

Today we're paying tribute to the wonderfully fragrant tastes of Morocco with this salad of browned lamb chunks, fluffy pearled barley, charred corn, fresh parsley & a dollop of sour cream. Served with a zingy tomato salad for freshness.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Fan Faves

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

75ml	Pearled Barley
50g	Kale <i>rinse &amp; roughly shred</i>
50g	Corn
160g	Free-range De-boned Lamb Leg Chunks
5ml	NOMU Moroccan Rub
60g	Black Beans <i>drain &amp; rinse</i>
3g	Fresh Parsley <i>rinse &amp; roughly chop</i>
10ml	Lemon Juice
1	Tomato <i>rinse &amp; roughly dice ½</i>
20ml	Sour Cream

## From Your Kitchen

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

**1. BEGIN WITH THE BARLEY** Place the pearled barley in a pot with 250ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

**2. CHARRED CORN & KALE** Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. 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). Add the kale and fry until slightly wilted, 2-3 minutes. Remove from the pan and set aside.

**3. HERE'S TO FLAVOUR!** Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside. To ensure the best results, fry them in batches in a single layer. In the final minute, baste with the NOMU rub. Season and set aside.

**4. ALMOST THERE** In a bowl, combine the cooked pearl barley, the rinsed black beans, the charred corn & kale, ½ the chopped parsley, a drizzle of olive oil, and seasoning. In a separate bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss the diced tomato through the dressing and set aside.

**5. SENSATIONAL SALAD** Plate up the loaded pearl barley. Top with the spiced lamb bites and the dressed tomatoes. Dollop over the sour cream and garnish with the remaining parsley. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	675kJ
Energy	161kcal
Protein	7.9g
Carbs	15g
of which sugars	1.7g
Fibre	3.5g
Fat	7.7g
of which saturated	3.3g
Sodium	97mg

## Allergens

Cow's Milk, Gluten, Wheat

Eat  
Within  
4 Days