



UCOOK

Indian Tikka Lamb

with couscous & fresh coriander

A couscous salad consisting of fresh salad leaves, grated carrot, and toasted sunflower seeds forms the perfect base for curry-basted lamb pieces & onion wedges. Accompanied by lashings of coriander yoghurt — what a treat!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

160g	Free-range Lamb Leg
1	Onion <i>½ peeled & cut into wedges</i>
10ml	Spice & All Things Nice Tikka Curry Paste
75ml	Couscous
30ml	Low Fat Plain Yoghurt
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
10g	Sunflower Seeds
20g	Salad Leaves <i>rinsed & roughly shredded</i>
120g	Carrot <i>½ rinsed & grated</i>

From Your Kitchen

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

1. ONIONS & LAMB Place a pan over medium heat with a drizzle of oil. Pat the lamb pieces dry with paper towel. When hot, fry the onion wedges and the lamb pieces until the lamb is brown and the onion wedges are soft, 8-10 minutes (shifting occasionally). Baste with the curry paste and a knob of butter until fully coated and fragrant, 1-2 minutes. Remove from the heat and season.

2. IT'S GETTING STEAMY Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. CORIANDER YOGHURT In a bowl, combine the yoghurt, ¾ of the chopped coriander, and seasoning. Add water in 5ml increments until a drizzling consistency.

4. TOASTED SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. CRUNCHY SALAD In a salad bowl, combine the shredded salad leaves, the grated carrot, the couscous, the toasted sunflower seeds, a drizzle of olive oil, and seasoning.

6. TASTY LAMB DINNER! Make a bed of the couscous salad, top with the lamb pieces and onion wedges, and drizzle over the coriander yoghurt. Garnish with the remaining coriander. Dig in, Chef!

Nutritional Information

Per 100g

Energy	691kJ
Energy	165kcal
Protein	8.4g
Carbs	13g
of which sugars	3.1g
Fibre	2.4g
Fat	8.3g
of which saturated	3.2g
Sodium	35mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days