



UCCOOK

Marinated Olives & Lamb

with crispy lentils

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	687kJ	3096kJ
Energy	164kcal	740kcal
Protein	11.1g	49.9g
Carbs	13g	60g
of which sugars	2.8g	12.5g
Fibre	5.3g	23.9g
Fat	8.3g	37.4g
of which saturated	3g	13.5g
Sodium	127mg	573mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cucumber <i>rinse & cut in half-lengthways</i>
15ml	30ml	Red Wine Vinegar
20g	40g	Pitted Kalamata Olives <i>drain & cut in half</i>
3g	5g	Fresh Oregano <i>rinse & pick</i>
120g	240g	Tinned Lentils <i>drain & rinse</i>
150g	300g	Free-range Lamb Chunks
5ml	10ml	NOMU Moroccan Rub
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

Sugar/Sweetener/Honey

1. SOME PREP Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a bowl, combine the vinegar with a generous drizzle of olive oil, a sweetener (to taste), and mix to emulsify. Add the cucumber, the olives, ½ the oregano, and toss to combine.

2. LENTILS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes. Remove from the pan and season.

3. LAMB Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with the NOMU rub and a knob of butter. Remove from the pan with all the pan juices.

4. JUST BEFORE SERVING Add the lentils, the sun-dried tomatoes and the green leaves to the bowl with the cucumber mixture. Toss to combine.

5. DINNER IS READY Bowl up the warm salad, top with the lamb and any pan juices. Garnish with the remaining oregano and dig in, Chef!