



UCOOK

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.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Rhea Hsu

Fan Faves

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

225ml	Pearled Barley
150g	Kale <i>rinse & roughly shred</i>
150g	Corn
480g	Free-range De-boned Lamb Leg Chunks
15ml	NOMU Moroccan Rub
180g	Black Beans <i>drain & rinse</i>
8g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	Lemon Juice
2	Tomatoes <i>rinse & roughly dice 1½</i>
60ml	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 750ml 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, 4-6 minutes (shifting occasionally). Add the kale and fry until slightly wilted, 3-5 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, 3-4 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