

UCCOOK

Greek Lamb Mince & Couscous

with charred baby marrow

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	643kJ	2986kJ
Energy	154kcal	714kcal
Protein	11.4g	52.9g
Carbs	12g	54g
of which sugars	2.3g	10.6g
Fibre	1.7g	7.9g
Fat	6.6g	30.6g
of which saturated	2.7g	12.4g
Sodium	499mg	2315mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
300g	400g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
450g	600g	Free-range Lamb Mince
15ml	20ml	Greek Seasoning
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
125ml	160ml	Tzatziki
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CHARRED BABY MARROWS Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 4-5 minutes. Remove from the pan and season.

3. MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the Greek seasoning and fry until browned, 5-6 minutes (shifting occasionally). Remove from the heat.

4. JUST BEFORE SERVING In the bowl with the couscous, mix in the mince, baby marrows, baby tomatoes, pickled onion, and seasoning (to taste).

5. DINNER IS READY Dish up the loaded couscous, top with dollops of the tzatziki, and garnish with the mint. Cheers, Chef!