



UCCOOK

Middle Eastern Lamb

with chickpeas, tahini yoghurt & dried cranberries

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Pairing: Strandveld | Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	656kJ	3727kJ
Energy	157kcal	891kcal
Protein	7.8g	44.2g
Carbs	13g	72g
of which sugars	4.3g	24.7g
Fibre	2.1g	12g
Fat	8.1g	46g
of which saturated	3.3g	18.5g
Sodium	82mg	465mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks <i>rinse & cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain & rinse</i>
10g	20g	Dried Cranberries <i>roughly chop</i>
10ml	20ml	Lemon Juice
40ml	80ml	Greek Yoghurt
7,5ml	15ml	Tahini
175g	350g	Free-range De-boned Lamb Leg
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Rub & Flour <i>(5ml [10ml] NOMU Moroccan Rub & 5ml [10ml] Cornflour)</i>
40ml	80ml	Cranberry Juice
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SOME PREP In a bowl, combine the chickpeas, the cranberries, the lemon juice (to taste), and season. In a small bowl, combine the yoghurt and the tahini (to taste).

3. LAMB Place a pan over 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, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

4. SAUCE Return the pan to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the garlic and rub and flour until fragrant, 30-60 seconds. Mix in the cranberry juice and 50ml [100ml] of water. Simmer until thickening, 2-3 minutes. Remove from the heat and season.

5. DINE LIKE ROYALTY Smear the yoghurt mixture on one side of the plate, top with the sweet potato, drizzle over the sauce, and serve the lamb and the chickpea salsa on the side. Garnish with the coriander. Cheers, Chef!