



UCOOK

Lamb & Moroccan Beet Labneh

with toasted pita quarters & radish rounds


Take a whirlwind romantic trip to the Middle East with this Moroccan-inspired dish. Roasted carrot is the delicious accompaniment to luscious lamb shoulder cubes. Toasted pita triangles means you can scoop up every last bit of tastiness. Sided with a generous helping of roasted beetroot labneh, a soft Middle Eastern cheese made from strained yoghurt. The perfect Valentine's dinner!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

100g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
10ml	NOMU Moroccan Rub
160g	Free-range Deboned Lamb Shoulder
50ml	Labneh
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
1	Pita Bread
5g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. GOOD. BETTER. BEET. Preheat the oven to 200°C. Place the beetroot chunks on half of a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes. In a bowl, toss the carrot wedges with a drizzle of oil, seasoning, and the rub. Set aside.

2. DO YOU KNOW CARROT-E? When the beetroot has been in for 10 minutes, remove the tray from the oven and add the dressed carrot wedges to the other half of the tray. Roast in the hot oven for the remaining time until the vegetables are cooked through and crisping up, shifting halfway.

3. LET'S MAKE THE LAMB When the veg has 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, fry the lamb cubes for 5-6 minutes until crispy, shifting as they colour. Remove from the pan and set aside to rest for 3 minutes.

4. LEKKER LABNEH When the veg is done, place the roasted beetroot in a blender along with 2 tbsp of water. Pulse until smooth. Remove from the blender and place in a bowl. Add the labneh and some seasoning. Loosen with water in 5ml increments until the consistency of hummus. Set aside for serving. In a bowl, combine the rinsed green leaves, the radish rounds, a drizzle of oil, and seasoning.

5. IT'S A PITA PARTY Return the pan, wiped down, to a medium heat. When hot, warm the pita for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, toast the pita in the hot oven for 3-4 minutes until heated through and crisp. Cut into quarters.

6. SERVE IT UP! Plate up the lamb chunks and side with the roasted carrot wedges and the salad. Serve with the toasted pita triangles. Scatter the sunflower seeds over the salad and serve the beetroot labneh on the side for dipping.



Chef's Tip

If you want to toast your seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	713kJ
Energy	171kcal
Protein	8.6g
Carbs	13g
of which sugars	1.8g
Fibre	2.4g
Fat	8.6g
of which saturated	4.4g
Sodium	363mg

Allergens

Gluten, Dairy, Wheat

Cook
within 3
Days