



# UCOOK

## Greek Lamb Feasting Platter

with marinated olives, pickled onions & flatbread

Let's feast like the Greek Gods! Lamb cubes are served with pita triangles, marinated olives & feta, a pickled onion and tomato salad, fresh oregano, sunflower seeds, and tangy tzatziki. Perfect for grazing guests or when you just want to snack and laze about!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Paserene | Dark Shiraz

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## Ingredients & Prep

80g	Pitted Kalamata Olives <i>drained &amp; halved</i>
120g	Danish-style Feta <i>drained</i>
40ml	NOMU Provençal Rub
125ml	Lemon Juice
1	Red Onion <i>peeled &amp; finely sliced</i>
20g	Sunflower Seeds
640g	Free-range Lamb Shoulder <i>cut into bite-sized cubes</i>
4	Pita Breads
15g	Fresh Oregano <i>rinsed &amp; picked</i>
2	Tomatoes <i>cut into bite-sized chunks</i>
125ml	Tzatziki
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. MARINATION STATION** In a bowl, combine the halved olives, the drained feta,  $\frac{3}{4}$  of the rub,  $\frac{1}{2}$  the lemon juice, 100ml of olive oil, and seasoning. Set aside to marinate.

**2. IN A PICKLE** In a small bowl, combine the remaining lemon juice, 60ml of water, and 20ml of a sweetener of choice. Add the sliced onion and toss until coated. Set aside to pickle.

**3. THAT'S A BIT SEEDY** Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

**4. LUSH LAMB** Pat the lamb cubes dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the lamb cubes and fry for 5-6 minutes until crispy, shifting as they colour. You may need to do this step in batches. In the final minute, baste with the remaining rub. Remove from the pan and set aside to rest for 3 minutes.

**5. FLATBREAD PARTY** Return the pan, wiped down, to a high heat. When hot, warm the pitas for 1-3 minutes per side until heated through and starting to brown. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. Cut into quarters or triangles.

**6. ALMOST THERE!** Drain the pickling liquid from the onion. In a bowl, combine the pickled onion,  $\frac{1}{2}$  the picked oregano,  $\frac{1}{2}$  the toasted sunflower seeds, the tomato chunks, a drizzle of oil, and seasoning. Season the tzatziki with salt and pepper.

**7. DELISH, CHEF!** Let's make the platter! Make a bed of the shredded salad leaves and top with the tomato salad. Side with the marinated olives & feta, the pita pieces, the lamb cubes, and the tzatziki. Sprinkle over the remaining oregano and sunflower seeds. Kali Orexi, Chef!

## Nutritional Information

Per 100g

Energy	709kJ
Energy	170kcal
Protein	8.6g
Carbs	13g
of which sugars	2g
Fibre	1.8g
Fat	8.8g
of which saturated	3.6g
Sodium	281mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days