



UCCOOK

Harissa Spiced Lamb Salad

with bulgur wheat, black beans & charred corn

Today we're paying tribute to the wonderfully fragrant tastes of Tunisia with this salad of browned lamb chunks, fluffy bulgur wheat, charred corn, fresh coriander & a dollop of sour cream. Sided with a zingy tomato salad for freshness.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Rhea Hsu

 Quick & Easy

 Sijnn Wines | Sijnn Red Blend

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Ingredients & Prep

225ml	Bulgar Wheat
180g	Black Beans
12g	Fresh Coriander
60g	Salad Leaves
2	Tomatoes
150g	Corn
450g	Free-range Lamb Chunks
30ml	Pesto Princess Harissa Paste
45ml	Lemon Juice
60ml	Sour Cream

From Your Kitchen

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

1. BEGIN WITH THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 225ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

2. PREP STEP Drain and rinse the black beans. Rinse and pick the coriander. Rinse and roughly shred the salad leaves. Roughly dice 1½ of the tomatoes.

3. CHARRED CORN Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry for 4-6 minutes until lightly charred, shifting occasionally. Remove from the pan and set aside.

4. HERE'S TO HARISSA Return the pan to a medium-high heat with a drizzle of oil. When hot, add the lamb chunks and fry for 4-5 minutes or until browned, shifting as they colour. To ensure the best results, fry them in batches in a single layer. Remove from the pan and toss through the harissa paste. Season and set aside.

5. ALMOST THERE In a bowl, combine the cooked bulgur, the rinsed black beans, the charred corn, ½ the picked coriander, a drizzle of olive oil, and seasoning. In a separate bowl, combine the lemon juice, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning, the shredded leaves, and the diced tomato.

6. SENSATIONAL SALAD Plate up the bulgur salad. Top with the harissa lamb bites and dollops of sour cream. Garnish with the remaining coriander. Side with the fresh tomato salad. Enjoy!

Nutritional Information

Per 100g

Energy	708kj
Energy	169kcal
Protein	8.6g
Carbs	16g
of which sugars	1.5g
Fibre	2.9g
Fat	8.3g
of which saturated	3.2g
Sodium	91.2mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days