

Quinoa Tabbouleh With Sesame Eggs & Lamb



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 2 cups (500ml) vegetable stock
- 1 cup (200g) white quinoa, rinsed
- 4 eggs, at room temperature
- 2 tbsp olive oil
- 1 small clove garlic, crushed
- 1 bunch rainbow chard, stems discarded, leaves sliced thinly (see swap)
- 2 tbsp lemon juice
- $\frac{3}{4}$ cup finely chopped flat-leaf parsley
- 2 tbsp each black and white sesame seeds
- 1 tsp sea salt flakes
- 400g lamb leg steaks

Method

1. Place stock and quinoa in a large saucepan; bring to the boil. Reduce heat to low-medium; simmer for 15 minutes or until most of the stock is absorbed. Remove pan from heat. Cover; stand for 5 minutes.
2. Meanwhile, cook eggs in a small saucepan of boiling water for 5 minutes. Remove eggs immediately and cool under cold running water for 30 seconds.
3. Heat half the oil in a medium saucepan over medium heat. Add the garlic; cook, stirring, for 1 minute or until fragrant. Add chard; stir until wilted. Add cooked quinoa and lemon juice; season to taste.
4. Combine parsley, seeds and salt in a small bowl. Peel eggs; roll in parsley mixture.
5. Heat the remaining oil in a heavy-based non-stick frying pan over high heat; cook lamb for 3 minutes each side or until cooked to your liking. Thinly slice lamb.
6. Top quinoa tabbouleh with sliced lamb and halved sesame eggs.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
416g	2310kj 552kcal	37.9g	27.2g	5.1g	33.5g	3.3g	1300mg	9.2g

All nutrition values are per serve.