



# UCOOK

## Greek Almond-crusted Lamb

with orzo & sun-dried tomatoes

Lamb is cooked until succulent before being covered in a beautiful almond & parsley crumb. It is served on a bed of tender orzo studded with chopped sun-dried tomato. You will love each and every bite of this wonderful dish!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Aisling Kenny

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Adventurous Foodie

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

|       |                                                       |
|-------|-------------------------------------------------------|
| 300ml | Orzo Pasta                                            |
| 15ml  | Vegetable Stock                                       |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>              |
| 60g   | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i> |
| 75g   | Italian Style Hard Cheese<br><i>grate</i>             |
| 60g   | Spinach<br><i>rinse &amp; roughly shred</i>           |
| 480g  | Free-range De-boned<br>Lamb Leg                       |
| 60g   | Almonds<br><i>finely chop</i>                         |
| 8g    | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i> |

## From Your Kitchen

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

**1. LOADED ORZO** Preheat the oven to 220°C. Bring a pot of salted water to a boil for the orzo and stir in the stock and the grated garlic. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil, the chopped sun-dried tomatoes, the grated cheese, the shredded spinach, and seasoning.

**2. PERFECT 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, 3-5 minutes (shifting as it colours). Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes.

**3. SOME PREP** In a bowl, combine the chopped almonds, the chopped parsley, and seasoning.

**4. FEAST LIKE THE GREEKS!** Plate up the loaded orzo and side with the lamb slices. Cover with a layer of the almond mixture. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 1259kJ  |
| Energy             | 301kcal |
| Protein            | 14.9g   |
| Carbs              | 24g     |
| of which sugars    | 2.9g    |
| Fibre              | 2.3g    |
| Fat                | 15.6g   |
| of which saturated | 5.4g    |
| Sodium             | 232mg   |

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days