



UCOOK

Braised Lamb Ragù

with grated Italian-style hard cheese & fresh oregano

A quick lamb ragù rich with flavour sits atop rigatoni pasta. Jam-packed with onion, garlic, lamb shoulder, NOMU Italian Rub, and red wine. Sprinkled with fresh oregano & Italian-style hard cheese - a Chef's delight.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

Adventurous Foodie

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

300g	Rigatoni Pasta
480g	Free-range Lamb Chunks
2	Onions <i>peel & finely dice 1½</i>
2	Garlic Cloves <i>peel & grate</i>
30ml	NOMU Italian Rub
30ml	Tomato Paste
30ml	Red Wine
450g	Cooked Chopped Tomato
90ml	Sour Cream
45ml	Grated Italian-style Hard Cheese
8g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. BROWN THE LAMB Place a deep pan over medium-high heat with a drizzle of oil. Pat the lamb chunks dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes (shifting occasionally). Remove from the pan, season, and rest for 1-2 minutes. Roughly chop and set aside.

3. READY TO RAGÙ Boil the kettle. Return the pan with the oil from the lamb and an extra drizzle of oil (if necessary) to medium-high heat. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 1-2 minutes.

4. SIMMERING AWAY Add the cooked chopped tomato, 750ml of boiling water, and seasoning to the pan. Simmer until slightly reduced, 15-20 minutes. Add an extra splash of water if the sauce reduces too quickly. In the final 6-8 minutes, add the browned lamb.

5. FINISH UP Add the sour cream, ½ the grated cheese, a sweetener (to taste), a knob of butter (optional), and seasoning to the ragù sauce. Simmer until heated through, 1-2 minutes. Add ½ the sauce to the pot of drained pasta and toss until fully coated.

6. TOO GOOD! Pile up the saucy pasta. Smother in the remaining lamb ragù sauce. Sprinkle over the remaining grated cheese and the picked oregano. Finish with a final grind of black pepper. Delish, Chef!

Nutritional Information

Per 100g

Energy	669kJ
Energy	160kcal
Protein	7.6g
Carbs	17g
of which sugars	3.1g
Fibre	1.7g
Fat	6.8g
of which saturated	2.7g
Sodium	133mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
4 Days