

UCOOK



Tasty Lamb Stew

with orzo & spinach

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Nitida | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	579kJ 138kcal	3276kJ 784kcal
Protein	7.2g	40.6g
Carbs	13g	73.8g
of which sugars	3.2g	17.9g
Fibre	2.1g	11.8g
Fat	5.8g	33g
of which saturated	2.2g	12.5g
Sodium	170mg	961mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
75ml	150ml	Orzo Pasta
150g	300g	Free-range Lamb Chunks
1	1	Onion <i>peel & roughly dice ½ [1]</i>
10ml	20ml	NOMU Italian Rub
100ml	200ml	Tomato Passata
50g	100g	Spinach <i>rinse</i>
50g	100g	Peas
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

- 1. AL DENTE ORZO PASTA** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. LIPSMACKING LAMB** Place a pot over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into bite-sized chunks. When hot, sear the lamb until browned, 3-4 minutes (shifting occasionally). Remove from the pot. Season and set aside.
- 3. SUPERB STEW** Return the pot to medium-high heat with a drizzle of oil and a knob of butter. Fry the onion until slightly softened, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub (shifting occasionally). Deglaze the pan with the tomato passata and 150ml [300ml] of water. Simmer until reduced and thickened, 12-15 minutes. In the final 1-2 minutes, add the lamb chunks, the spinach, the peas and a sweetener (to taste). Season and remove from the heat.
- 4. WELL DONE** Bowl up the orzo and top with the lamb stew. Garnish with the coriander. Delish work, Chef!