



UCOOK

Cheesy French Lamb Ciabattini

with butternut fries & toasted almonds

This fancy version of a lamb sandwich doesn't belong in any lunchbox! Perfectly baked to soak up flavours, a fluffy ciabattini nestles juicy lamb shoulder & onions with melted cheese. Sided with crispy butternut fries dotted with pan-toasted almonds. The X-factor of this special dish is the French-style jus - a light liquid that is a natural way to enhance meat.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into 1cm thick fries</i>
15g	Almonds <i>roughly chop</i>
10ml	Beef Stock
160g	Free-range Lamb Shoulder
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
1	Ciabattini
40g	Grated Cheddar Cheese
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Boil the kettle. Spread the butternut fries on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. TOAST Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 200ml of boiling water.

3. LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into small pieces. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Add the sliced onion and fry until soft and turning golden, 5-6 minutes. Add the grated garlic and fry until fragrant, 1-2 minutes. Pour in the diluted stock and simmer until the lamb is soft and cooked through, 20-25 minutes. Remove from the heat with all the gravy and season.

4. SAY CHEESE Halve the roll, and spread butter (optional) or oil over the cut-side. Place both roll halves, cut-side up, on a roasting tray. Over the top half of the roll, scatter the grated cheese. Bake until the cheese is melted and the roll is warmed through, 4-5 minutes. Remove from the oven. Over the bottom half of the roll, spread the lamb & cooked onions, leaving the thin gravy aside for serving. Close up the roll.

5. TIME TO INDULGE Dish up the butternut fries and sprinkle over the toasted almonds. Side with the loaded lamb ciabattini and the reserved gravy for dipping the ciabattini. Garnish with the chopped parsley. Enjoy every bite of the ciabattini dipped in the gravy first, Chef!



Chef's Tip

Air fryer method: Coat the butternut fries in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	694kJ
Energy	166kcal
Protein	7.6g
Carbs	16g
of which sugars	2.4g
Fibre	1.8g
Fat	7.5g
of which saturated	2.7g
Sodium	161mg

Allergens

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

Eat
Within
4 Days