

UCOOK

Lamb with Ricotta & Grape Salad

with rosemary, lemon & hazelnuts

A perfectly hearty and flavour packed dish made for the festive and summer season. Perfectly cooked lamb paired with rosemary and creamy ricotta, complemented by roasted and fresh red grapes for sweetness. Let the taste buds dance!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 No paired wines

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Ingredients & Prep

75ml	Pearled Barley
100g	Red Grapes <i>½ halved</i>
22,5ml	Balsamic Vinegar
5g	Hazelnuts
50g	Ricotta
1	Lemon <i>½ zested & cut into wedges</i>
3g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
160g	Pre-cubed Free-range Lamb Shoulder
10ml	NOMU Roast Rub
2,5ml	Wholegrain Mustard
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. BARLEY BEAUT Preheat the oven to 200°C. Place the pearl barley in a pot with 350ml of salted water and bring to a boil. Once boiling, reduce the heat. Allow to simmer for 30-35 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season to taste.

2. ROAST THOSE GRAPES Spread the whole grapes in a single layer on a roasting tray. Coat in the balsamic vinegar, a drizzle of oil, a sweetener of choice and seasoning. Roast in the hot oven for 10-15 minutes until soft and caramelised.

3. NUTS & TANGY RICOTTA Place the hazelnuts in a pan over a medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan and roughly chop. In a small bowl, combine the ricotta with some lemon zest, a squeeze of lemon juice, the chopped rosemary and some seasoning. Mix until fully combined.

4. ZESTY BEANS Return the pan to a medium-high heat with a splash of water and a squeeze of lemon juice. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of oil, season and remove from the pan on completion.

5. FRY & TOSS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the lamb cubes and the roast rub, and fry for 5-6 minutes or until crispy, shifting as they colour. Remove from the pan on completion and rest for at least 3 minutes. In a salad bowl, add the mustard, a drizzle of olive oil, a sweetener of choice, some seasoning, the roasted grapes, and the rinsed green leaves. Toss until fully combined.

6. DINNER IS SERVED Plate up a generous heap of the warm barley and top with the crispy lamb, the roasted grape salad and the lemony green beans. Sprinkle over the hazelnuts and the fresh halved grapes. Dollop over the rosemary laced ricotta. Simply stunning, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta but also applies to other grains, as well as a range of veg.

Nutritional Information

Per 100g

Energy	673kj
Energy	161Kcal
Protein	8g
Carbs	15g
of which sugars	1.5g
Fibre	3.1g
Fat	8.2g
of which saturated	3.3g
Sodium	142mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days