



# UCOOK

## BBQ Lamb Potato Bites

with spicy black beans, spinach salad & tomato ragù

The perfect partner for rich lamb goulash! Spiced with fresh chilli, coated in a sticky BBQ sauce, and sided by a mound of yummy black beans. As if this dish couldn't get any better, nuggets of crispy roast potatoes covered in gooey cheese. Need we say more?

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Fan Faves

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 Leopard's Leap | Cabernet Sauvignon Merlot

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## Ingredients & Prep

200g	Potato <i>rinsed &amp; cut into bite-sized chunks</i>
5ml	NOMU Italian Rub
150g	Free-range Lamb Goulash
1	Onion <i>½ peeled &amp; finely diced</i>
1	Fresh Chilli <i>roughly chopped</i>
100ml	Tomato Passata
20g	Spinach <i>rinsed</i>
30g	Grated Mozzarella & Cheddar Cheese
60g	Black Beans <i>drained &amp; rinsed</i>
30ml	BBQ Sauce

## From Your Kitchen

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

**1. GOLDEN NUGGETS** Preheat the oven to 200°C. Boil the kettle for step 2. Spread out the potato chunks on a roasting tray. Coat in oil, the Italian Rub, and a little seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. GORGEOUS GOULASH** Pat the lamb dry with paper towel. Place a pan over medium heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft and translucent. Add the lamb and fry for 4-5 minutes until browned but not cooked through, shifting as it colours. Stir in the chopped chillies to taste (be careful, they're hot!) and fry for 30-60 seconds. Mix in 80ml of boiling water and the passata, and bring up to a simmer. Lower the heat and cook for 10-12 minutes until reduced and thickened, stirring occasionally.

**3. DO A SPIN!** Place ½ the rinsed spinach in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside for serving.

**4. SO CHEESY...** When the potatoes have 5 minutes remaining, scatter over the grated cheese and turn the oven onto the grill setting. Cook for the remaining time until the cheese is melted and golden.

**5. FINAL TOUCHES** When the goulash is nearing completion, mix in the drained black beans, the remaining spinach, and the BBQ sauce. Stir for 2-3 minutes until the beans are heated through. Season to taste with salt, pepper, and a sweetener of choice.

**6. RELISH YOUR FABULOUS WORK** Make a bed of spinach, smother with the spicy goulash, and plate up the cheesy potato bites alongside it. Sprinkle over any remaining chilli in case you'd like some extra heat! Get ready for one of the tastiest dinners yet!



## Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. When preparing your potatoes, place them in a bowl of water to prevent this from happening.

## Nutritional Information

Per 100g

Energy	520kJ
Energy	124kcal
Protein	6.5g
Carbs	10g
of which sugars	2.5g
Fibre	1.9g
Fat	6.6g
of which saturated	2.6g
Sodium	169mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days