



# UCCOOK

## 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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Adventurous Foodie

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Deetlefs Wine Estate | Deetlefs Stonecross  
Cabernet Sauvignon

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## Ingredients & Prep

200g	Rigatoni Pasta
320g	Free-range Lamb Chunks
1	Onion <i>peel &amp; finely dice</i>
1	Garlic Clove <i>peel &amp; grate</i>
20ml	NOMU Italian Rub
20ml	Tomato Paste
20ml	Red Wine
300g	Cooked Chopped Tomato
60ml	Sour Cream
30ml	Grated Italian-style Hard Cheese
5g	Fresh Oregano <i>rinse &amp; 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, 2-3 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, 500ml of boiling water, and seasoning to the pan. Simmer until slightly reduced, 10-15 minutes. Add an extra splash of water if the sauce reduces too quickly. In the final 4-5 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