



Eat Within 4 Days

# UCOOK

## Curried Lamb & Roasted Butternut

with **crispy poppadoms**

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** UCOOK

**Wine Pairing:** Nitída | Calligraphy Bordeaux blend

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 439kJ    | 3058kJ      |
| Energy             | 105kcal  | 732kcal     |
| Protein            | 5.4g     | 37.5g       |
| Carbs              | 9g       | 61g         |
| of which sugars    | 2.4g     | 16.8g       |
| Fibre              | 1.5g     | 10.4g       |
| Fat                | 4.9g     | 34.2g       |
| of which saturated | 1.8g     | 12.4g       |
| Sodium             | 157mg    | 1094mg      |

**Allergens:** Allium, Sulphites

**Spice Level:** Mild

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|      |      |                                                                                     |
|------|------|-------------------------------------------------------------------------------------|
| 750g | 1kg  | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i> |
| 450g | 600g | Free-range Lamb Chunks                                                              |
| 2    | 2    | Onions<br><i>peel &amp; roughly dice</i>                                            |
| 2    | 2    | Garlic Cloves<br><i>peel &amp; grate</i>                                            |
| 60ml | 80ml | Spice & All Things Nice<br>Korma Curry Paste                                        |
| 300g | 400g | Cooked Chopped Tomato                                                               |
| 6    | 8    | Poppadoms                                                                           |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. BEGIN WITH BUTTERNUT** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. LIPSMACKING LAMB** Place a pan over 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, 3-4 minutes (shifting occasionally).

**3. HURRY WITH THE CURRY** Add the onion to the pan and fry until soft and browning, 4-5 minutes (shifting occasionally). Add the garlic and the korma curry paste. Fry until fragrant, 1-2 minutes. Add 600ml [800ml] of water and the chopped tomatoes. Simmer until thickening and the lamb is cooked through, 20-25 minutes. Add the roasted butternut and season.

**4. POP UP THE POPPADOMS** Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

**5. CAN WE GET A YUM?** Bowl up the curried lamb, and side with the crispy poppadoms.