



U C O O K

— COOKING MADE EASY

THE GOURMET BOERIE ROLL

**with artisanal rosemary potato crisps,
That Mayo & Greek salad**

A lightning fast SA classic to sooth the thunder in your belly. Juicy Karoo lamb wors in a fluffy roll, slathered with garlic mayo and smashed feta, stuffed with caramelised onions and zesty salad, and crumbled with locally handmade crisps. Now that's what we call gourmet!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

50g	Cucumber <i>sliced into half-moons</i>
100g	Baby Tomatoes <i> rinsed & halved</i>
40g	Pitted Kalamata Olives <i>drained & chopped</i>
1.25ml	Dried Oregano
1	Lemon <i>one half zested & cut into wedges</i>
1	Red Onion <i>one half peeled & thinly sliced</i>
150g	Karoo Lamb Boerewors
50ml	That Mayo Garlic Mayo
40g	Danish-Style Feta <i>drained</i>
4g	Fresh Mint <i> rinsed & roughly sliced</i>
1	Schoon Boerie Bread Roll
20g	Rootstock Rosemary & Rock Salt Potato Crisps

From Your Kitchen

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

1. TOSS THE GREEK SALAD Place the cucumber half-moons, halved baby tomatoes, chopped olives, and dried oregano in a bowl. Add some lemon zest and a squeeze of lemon juice to taste. Drizzle over some olive oil and season to taste. Toss to coat and set aside for serving.

2. CREAMY CARAMELISED ONIONS Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced red onion for 6-8 minutes until soft and caramelised, shifting occasionally. In the final minute, add a sweetener of choice (to taste) and a knob of butter (optional) to caramelize it further. Remove from the heat on completion.

3. FRY THE LAMB BOERIE While the onion is caramelising, place a nonstick pan over a high heat with a drizzle of oil. When hot, place the coil of boerewors in the pan and fry for 2-3 minutes per side until cooked through and beautifully charred. Remove from the heat and allow to rest in the pan for 5 minutes before serving.

4. FINAL BITS AND BOBS In a small bowl, combine the garlic mayo with three-quarters of the drained feta and three-quarters of the sliced mint. Season with pepper (to taste) and set aside until serving. Make a cut down the length of the roll to create a pocket for the fillings — don't cut all the way through! Unravel the coil of cooked boerewors. If necessary, slice into two pieces to fit inside the roll.

5. BRING IT ALL TOGETHER! Place the roll on a plate, cut-side up, and smear the inside with feta-infused mayo. Pack with the caramelised onion and pop in the boerewors. Top with some Greek salad and crumble over the remaining feta. Sprinkle with some handmade rosemary crisps (crumbling as you go!) and garnish with the remaining sliced mint. Serve with any remaining fillings on the side to add to your mouthfuls as you wish. Take a big bite, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the lamb boerewors over the hot coals instead of in the pan. You'll get that unbeatable braai smoke flavour, as well as a festive Spring evening!

Nutritional Information

Per 100g

Energy	754kJ
Energy	180Kcal
Protein	9.3g
Carbs	12g
of which sugars	3.4g
Fibre	1.7g
Fat	10.6g
of which saturated	4.3g
Sodium	231mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 2
Days