



UCCOOK

Silky Pasta & Lamb

with sun-dried tomatoes

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	1176kJ	4122kJ
Energy	281kcal	986kcal
Protein	12.5g	43.7g
Carbs	24g	84g
of which sugars	3.1g	10.8g
Fibre	1.6g	5.5g
Fat	15g	52.5g
of which saturated	7g	24.6g
Sodium	115mg	403mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Spaghetti
480g	640g	Free-range De-boned Lamb Leg
15ml	20ml	NOMU Roast Rub
3	4	Garlic Cloves <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
125ml	160ml	Crème Fraîche
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
15ml	20ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. LIPSMACKING LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter, and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

3. SENSATIONAL SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the garlic, and the spring onion whites until fragrant, 2-3 minutes. Remove from the heat and add the crème fraîche, and loosen with the pasta water until your desired consistency. Add the sun-dried tomatoes, and the pasta.

4. PERFETTO! Plate up the silky pasta, and top with the spiced lamb. Garnish with the spring onion greens, and the chilli flakes (to taste).