



UCOOK

Waterford's Lamb & Mixed Berry Sauce

with a tangy tomato & onion salad

If you want to pull out all the stops for dinner tonight, this is the recipe for you, Chef! A glossy berry & sweet wine syrupy sauce, infused with fresh rosemary, is poured over browned leg of lamb slices. Served with crispy smashed baby potatoes and a delicately pickled tomato & onion salad.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Waterford Estate

Adventurous Foodie

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

250g	Baby Potatoes <i>rinse</i>
20ml	Red Wine Vinegar
1	Tomato <i>rinse & slice into half-moons</i>
1	Onion <i>peel & roughly slice ¼</i>
3g	Fresh Oregano <i>rinse, pick & roughly chop</i>
7,5ml	Chicken Stock
50g	Mixed Berries <i>thaw</i>
40ml	Sweet Wine <i>(25ml Red Wine & 15ml Honey)</i>
3g	Fresh Rosemary <i>rinse</i>
160g	Free-range Deboned Lamb Leg

From Your Kitchen

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

1. LET'S GET COOKING Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. PICKLED SALAD In a bowl, combine the vinegar, a drizzle of olive oil, and a sweetener (to taste). Add the sliced tomato, the sliced onions (to taste), and ½ the chopped oregano. Season and set aside in the fridge.

3. SMASHED SPUDS Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes.

4. BERRY & WINE SAUCE Boil the kettle. Dilute the stock with 40ml of water. In a saucepan over medium heat, combine the thawed mixed berries and the sweet wine. Cook until the berries soften, 4-5 minutes. Add the diluted stock and the rinsed rosemary. Simmer until thickening (syrup consistency), 8-10 minutes, breaking them up with a wooden spoon occasionally. Add 20g of butter and cook until the butter is melted and glossy. Remove from the heat, discard the rosemary, and cover.

5. LUSCIOUS LAMB While the sauce is simmering, place a clean 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. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

6. IMPRESSIVE, CHEF! Plate up the sliced lamb and drizzle with the berry sauce. Serve the smashed potatoes alongside and finish with the tomato & onion salad. Garnish with the remaining oregano.



Chef's Tip

Air fryer method: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	4.5g
Carbs	11g
of which sugars	4.9g
Fibre	1.1g
Fat	4.5g
of which saturated	1.9g
Sodium	119mg

Allergens

Cow's Milk, Allium, Sulphites, Alcohol

Eat
Within
4 Days