



UCCOOK

Pistachio Gremolata & Lamb

with sherry baby onions

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	401kj	3797kj
Energy	96kcal	908kcal
Protein	4.7g	44.6g
Carbs	12g	114g
of which sugars	3.9g	36.9g
Fibre	2.3g	21.4g
Fat	4.2g	40.3g
of which saturated	1.7g	15.9g
Sodium	117mg	1106mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse</i>
30g	40g	Pistachio Nuts <i>roughly chop</i>
15ml	20ml	Chicken Stock
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
3	4	Garlic Cloves <i>peel & grate</i>
30g	40g	Capers <i>drain & roughly chop</i>
2	2	Lemons <i>rinse, zest & cut into wedges</i>
9	12	Baby Onions <i>peel & cut in half, keeping the stems intact</i>
90ml	125ml	Sherry
60g	80g	Spinach <i>rinse</i>
480g	640g	Free-range Deboned Lamb Leg
15ml	20ml	Dried Oregano

From Your Kitchen

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

1. PARBOIL POTATOES Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. TOASTED 'STATCHIOS Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GREMOLATA Boil the kettle. Dilute the stock with 450ml [600ml] of boiling water and set aside. In a small bowl, combine the toasted pistachios, the parsley, ½ the garlic (to taste), ½ the capers, the lemon zest (to taste), and the juice of 3 [4] lemon wedges. Season.

4. SMASHED POTATOES 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 with oil and season. Roast in the hot oven until crispy, 15-20 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

5. SHERRY ONIONS Return the pan to medium heat with a drizzle of oil. Fry the onions until browned, 4-5 minutes. Add the sherry, 30ml [40ml] of sweetener, and a pinch of salt. Cook until almost evaporated. Pour in the diluted stock and simmer until reduced, thickened, and the onions are soft, 8-10 minutes (turning them at the halfway mark). In the final 1-2 minutes, add a knob of butter, the remaining capers, the remaining garlic, and the spinach. Remove from the pan and season.

6. SIZZLING LAMB Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. Sear the lamb until browned, 3-5 minutes (shifting as it colours). In the final 1-2 minutes, baste with a knob of butter and the oregano. Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing. Lightly season the slices.

7. TIME TO EAT Plate up the golden smashed potatoes, side with the sizzling lamb, and top the lamb with the pistachio gremolata. Serve alongside the soft baby onion mixture. Nice one, Chef!