



UCOOK

Spiced Lamb & Dill-yoghurt Pasta

with toasted pine nuts & almonds


Orecchiette pasta is immersed in a luxurious dill-yoghurt sauce elevated with garlic & raisins and blended to silky smooth perfection. All of this goodness is then topped with cumin-spiced lamb mince and crumbled with zesty goat's cheese. Finished off with a sprinkle of toasted almonds & pine nuts and garnished with fresh dill and lemon.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Stephanie Kuhn

 Adventurous Foodie

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

| | |
|-------|---|
| 100g | Orecchiette Pasta |
| 15ml | Almonds & Pine Nuts <i>(10g Almonds & 5g Pine Nuts)</i> |
| 10g | Raisins <i>roughly chopped</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 150g | Free-range Lamb Mince |
| 1 | Onion <i>½ peeled & roughly sliced</i> |
| 10ml | Spiced Cumin <i>(5ml Ground Cumin & 5ml Dried Chilli Flakes)</i> |
| 5g | Fresh Dill <i>rinsed</i> |
| 100ml | Low Fat Plain Yoghurt |
| 1 | Lemon <i>zested & cut into wedges</i> |
| 25g | Chevin Goat's Cheese |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Butter

1. COOK THE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserve 1 cup of pasta water, and toss through a drizzle of olive oil.

2. TOAST THE NUTS Place the nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. GARLICKY RAISINS Return the pan to medium heat with a drizzle of oil. When hot, fry the chopped raisins and the grated garlic until fragrant, 1-2 minutes. Remove from the pan and place in a blender.

4. SPICY LAMB MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the sliced onion and fry until browned and the onion is soft, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the spiced cumin and a knob of butter. Remove from the heat and season.

5. DILL-YOGHURT SAUCE To the blender, add ¾ of the rinsed dill, the yoghurt, and a splash of the pasta water. Blend until combined. Mix the dill-yoghurt sauce through the cooked pasta and add the reserved pasta water to loosen if necessary. Add a squeeze of lemon juice (to taste) and season.

6. ZESTY GOAT'S CHEESE In a small bowl, combine the goat's cheese with the lemon zest (to taste). Roughly chop the remaining dill.

7. DINNER IS SERVED Make a bed of the creamy pasta, top with the spiced mince, and crumble over the zesty goat's cheese. Sprinkle over the toasted nuts and garnish with the remaining dill and any remaining lemon wedges. Enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 848kJ |
| Energy | 203kcal |
| Protein | 12.2g |
| Carbs | 19g |
| of which sugars | 2.2g |
| Fibre | 1.6g |
| Fat | 8.8g |
| of which saturated | 3.4g |
| Sodium | 59mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days