



# UCCOOK

## Luscious Lamb & Fondant Potatoes

with a curry leaf burnt butter

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Bertha Wines | Bertha Shiraz

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 726kJ     | 3383.4kJ    |
| Energy             | 173.7kcal | 809.4kcal   |
| Protein            | 8.5g      | 39.8g       |
| Carbs              | 12.6g     | 58.8g       |
| of which sugars    | 4g        | 18.7g       |
| Fibre              | 2.1g      | 9.6g        |
| Fat                | 11.4g     | 53g         |
| of which saturated | 4.3g      | 19.9g       |
| Sodium             | 355.8mg   | 1658mg      |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                       |
|----------|------------|-------------------------------------------------------|
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>                          |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                     |
| 200g     | 400g       | Potato<br><i>rinse</i>                                |
| 160g     | 320g       | Free-range De-boned Lamb Leg                          |
| 10ml     | 20ml       | Chicken Stock                                         |
| 10g      | 20g        | Golden Sultanas                                       |
| 3g       | 5g         | Curry Leaves<br><i>rinse &amp; dry</i>                |
| 30g      | 60g        | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i> |
| 10g      | 20g        | Pecan Nuts<br><i>roughly chop</i>                     |
| 10ml     | 20ml       | NOMU Indian Rub                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

**1. FANCY FONDANT POTATOES** Preheat the oven to 220°C. Boil the kettle. Cut the potato in half lengthways and cut each half into three. Dilute the stock with 100ml [200ml] of boiling water. Place an ovenproof pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, add the potatoes (shortest side down) and fry until the base is golden, 5 minutes. Flip, and pour in the diluted stock. Pop in the hot oven and bake until the potatoes are tender, 25-30 minutes (adding more water if necessary).

**2. SIZZLING LAMB** When the potatoes have 5-10 minutes remaining, place a nonstick, oven-proof 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, 3-5 minutes (shifting as it colours). In the final minute, baste the lamb with a knob of butter and the NOMU rub. Once browned, pop the pan into the hot oven, 5-8 minutes. Rest for 5 minutes before slicing and seasoning.

**3. CURRY LEAF BURNT BUTTER** Return the pan, wiped down if necessary, to medium-high heat with 20g [40g] of butter. Once foaming, add the curry leaves and spread out in a single layer. Fry 1-2 minutes, watching closely to make sure they don't burn! Remove the pan from the heat and add the saltanas and the nuts.

**4. PLATE IT UP!** Plate up the tender lamb slices alongside the fondant potatoes. Drizzle over the curry leaf burnt butter. Side with the salad leaves, topped with the sun-dried tomatoes, feta and a drizzle of olive oil. Beautiful, Chef!