



UCCOOK

Braised Lamb Flatbread

with a creamy pea purée & roasted butternut


We're convinced a picture of this dish should be next to the dictionary's definition of 'lip-smacking'. Juicy, melt-in-your-mouth lamb shoulder adorns a lightly crisped flatbread that has been generously coated with a creamy pea & mint purée & sided with zesty lemon wedges. *Smacks lips*


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Waterford Estate | Waterford The Library
Collection Spring Shiraz 2017

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
5ml	Beef Stock
160g	Free-range Lamb Shoulder Cubes <i>patted dry with paper towel</i>
7,5ml	Spice & All Things Nice Rogan Josh Curry Paste
15ml	Tomato Paste
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	Fresh Cream
50g	Peas
4g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
1	Flatbread
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. OVEN-ROASTED GOODNESS Preheat the oven to 200°C. Boil the kettle. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. TENDER & TOMATOY LAMB Dilute the stock with 150ml of boiling water. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the lamb cubes for 1-2 minutes until sealed but not cooked through. Add the curry paste (to taste) and fry for 1-2 minutes until fragrant. Mix in the tomato paste and diluted stock, and bring to the boil. Reduce the heat and simmer for 15-20 minutes until the lamb is tender and the sauce is thick. Stir occasionally and remove from the heat on completion.

3. OH-SO-CREAMY & DREAMY Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft. Add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Stir in a small splash of water to deglaze the pan and remove from the heat. Stir in the cream until heated through. Transfer to a bowl, cover to keep warm, and set aside.

4. IN MINT CONDITION Boil the kettle again. Place the peas in a bowl, submerge in boiling water, and allow to sit for 1 minute. Drain and place in a blender with ½ of the sliced mint and the cream sauce and blend until smooth. Add water in 10ml increments until smooth and the desired consistency. Season, cover to keep warm, and set aside for serving.

5. FLAVOURFUL FLATBREAD Return the pan to a high heat with a small drizzle of oil or knob of butter. When hot, cook the flatbread for 2 minutes per side until heated through and lightly crisped. Remove from the pan on completion and allow to drain on paper towel.

6. LUSCIOUS LAMB FOR DINNER! Place the flatbread on a plate and smother in pea & mint purée. Top with the saucy lamb. Squeeze over some lemon juice. Side with the roasted butternut. Garnish with the remaining sliced mint and any remaining lemon wedges. What a treat!



Chef's Tip

If you're feeling fancy, why not char the lemon wedges for plating? Pop them in a pan over high heat and fry for 1-2 minute per side until charred.

Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	6g
Carbs	14g
of which sugars	3.2g
Fibre	1.9g
Fat	7.6g
of which saturated	3.5g
Sodium	112mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days