

U COOK



Luscious Lamb & Fondant Potatoes

with a curry leaf burnt butter

Hands-on Time: 20 minutes

Overall Time: 35 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 <i>rinse</i>
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Curry Leaves <i>rinse & dry</i>
30g	60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
10g	20g	Golden Sultanas
10g	20g	Pecan Nuts <i>roughly chop</i>
10ml	20ml	NOMU Indian Rub
160g	320g	Free-range De-boned Lamb Leg
10ml	20ml	Chicken Stock
200g	400g	Potato <i>rinse</i>

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 sultanas 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!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter