



UCCOOK

Lamb & Honey-mustard Dressing

with rosemary butternut

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Boschendal | Nicolas

Nutritional Info

	Per 100g	Per Portion
Energy	571kJ	2966kJ
Energy	137kcal	709kcal
Protein	6.4g	33g
Carbs	8g	40g
of which sugars	2.9g	15g
Fibre	1.8g	9.4g
Fat	9.4g	48.9g
of which saturated	2.7g	13.9g
Sodium	69mg	359mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
3g	5g	Fresh Rosemary <i>rinse</i>
40g	80g	Kale <i>rinse & roughly shred</i>
10g	20g	Pecan Nuts
20g	40g	Radish <i>rinse & slice into half-moons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
150g	300g	Free-range Lamb Chunks
30ml	60ml	Honey Mustard Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut and ½ the rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Discard the rosemary before plating.

2. CRISP THE KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 6-8 minutes remaining, give the tray a shift and place the dressed kale on one half of the tray. Roast for the remaining time.

3. PREP STEP Place the pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, combine the radish, sun-dried tomatoes, and seasoning.

4. ROSEMARY LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter (optional) and the remaining rosemary. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

5. WHAT A GREAT PLATE Plate up the butternut and kale and scatter the radish and sun-dried tomatoes, along with the nuts, over the kale. Drizzle over the honey mustard dressing, and serve with the seared lamb.