



UgCOOK

Cranberry-Balsamic Reduction Lamb

with roasted smoked paprika potato rounds

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Strandveld | Syrah

Nutritional Info	Per 100g	Per Portion
Energy	598.6kJ	3876kJ
Energy	143.2kcal	927.2kcal
Protein	5.8g	37.2g
Carbs	14.1g	91.3g
of which sugars	5.2g	34g
Fibre	2.4g	15.5g
Fat	7.2g	46.5g
of which saturated	2.5g	16.2g
Sodium	74.9mg	485.2mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into 1cm rounds</i>
5ml	10ml	Smoked Paprika
160g	320g	Free-range De-boned Lamb Leg
15ml	30ml	Lemon Juice
1	1	Garlic Clove <i>peel & grate</i>
15g	30g	Pecan Nuts <i>roughly chop</i>
20g	40g	Dried Cranberries <i>roughly chop</i>
30ml	60ml	Honey-balsamic <i>(15ml [30ml] Balsamic Vinegar & 15ml [30ml] Honey)</i>
1	1	Onion <i>peel & roughly slice ¼ [½]</i>
40g	80g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the smoked paprika, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. MARINATE Pat the lamb dry with paper towel and season. In a bowl, combine the lemon juice, the garlic, and a drizzle of oil. Add the lamb, toss to combine, and set aside in the fridge.

3. SAUCE Place a small pot over medium heat. Add 10g [20g] of butter, the cranberries, the pecans, the honey-balsamic, and a splash of water. Simmer until slightly reduced and the cranberries are soft, 3-4 minutes. Remove from the heat, season, and cover to keep warm.

4. LAMB Place a pan over medium-high heat with a drizzle of oil. Remove the lamb from the marinade, reserving the marinade. 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 and the reserved marinade. Remove from the pan, season, and rest for 5 minutes before slicing. Lightly season the slices.

5. SPINACH Return the pan, wiped down, with a drizzle of oil. When hot, fry the onion until soft, 2-3 minutes. Add the spinach and fry until wilted, 2-3 minutes. Remove from the heat and season.

6. TIME TO EAT Plate up the smoked paprika-potato rounds, side with the lamb, and the spinach. Pour the cranberry sauce over the lamb. Well done, Chef!