



# UCCOOK

## Luscious Lamb & Fondant Potatoes

with a curry leaf burnt butter & a carrot sultana salad

Try something new! Fondant potatoes are an all time favourite with chefs. Served with succulent tandoori-spiced lamb and drizzled with a curry leaf burnt butter for added richness!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Adventurous Foodie

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 Waterkloof | Peacock Syrah

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## Ingredients & Prep

200g	Potato <i>rinsed</i>
10ml	Chicken Stock
120ml	Baby Carrot Medley <i>rinsed &amp; halved, keeping the stems intact</i>
10g	Pecan Nuts <i>roughly chopped</i>
160g	Free-range De-boned Lamb Leg
10ml	NOMU Tandoori Rub
3g	Curry leaves <i>rinsed &amp; dried</i>
10g	Golden Sultanas
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
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 quarters. Dilute the stock with 100ml 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 potato pieces (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. ROAST CARROTS** Spread the halved baby carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). In the final 5 minutes, scatter the chopped pecan nuts over the carrots.

**3. 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.

**4. CURRY LEAF BURNT BUTTER** Return the pan, wiped down if necessary, to medium-high heat with 20g of butter. Once foaming, add the rinsed 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.

**5. CARROT & SULTANA SALAD** In a salad bowl, combine the roasted carrots and nuts, the sultanas, the rinsed green leaves, a drizzle of olive oil, and seasoning.

**6. PLATE IT UP!** Plate up the tender lamb slices alongside the fondant potatoes. Drizzle over the curry leaf burnt butter. Side with the carrot and sultana salad. Beautiful, Chef!

## Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	6.8g
Carbs	12g
of which sugars	3.3g
Fibre	2.6g
Fat	8.2g
of which saturated	3.1g
Sodium	269mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days