



# UCOOK

## Waterford's Lamb & Mixed Berry Sauce

with a tangy tomato & onion salad

If you want to pull out all the stops for dinner tonight, this is the recipe for you, Chef! A glossy berry & sweet wine syrupy sauce, infused with fresh rosemary, is poured over browned leg of lamb slices. Served with crispy smashed baby potatoes and a delicately pickled tomato & onion salad.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Waterford Estate

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Adventurous Foodie

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

500g	Baby Potatoes <i>rinse</i>
40ml	Red Wine Vinegar
1	Tomato <i>rinse &amp; slice into half-moons</i>
1	Onion <i>peel &amp; roughly slice ½</i>
5g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
15ml	Chicken Stock
100g	Mixed Berries <i>thaw</i>
80ml	Sweet Wine <i>(50ml Red Wine &amp; 30ml Honey)</i>
5g	Fresh Rosemary <i>rinse</i>
320g	Free-range Deboned Lamb Leg

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. LET'S GET COOKING** Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

**2. PICKLED SALAD** In a bowl, combine the vinegar, a drizzle of olive oil, and a sweetener (to taste). Add the sliced tomato, the sliced onions (to taste), and ½ the chopped oregano. Season and set aside in the fridge.

**3. SMASHED SPUDS** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes.

**4. BERRY & WINE SAUCE** Boil the kettle. Dilute the stock with 80ml of water. In a saucepan over medium heat, combine the thawed mixed berries and the sweet wine. Cook until the berries soften, 4-5 minutes. Add the diluted stock and the rinsed rosemary. Simmer until thickening (syrup consistency), 8-10 minutes, breaking them up with a wooden spoon occasionally. Add 40g of butter and cook until the butter is melted and glossy. Remove from the heat, discard the rosemary, and cover.

**5. LUSCIOUS LAMB** While the sauce is simmering, place a clean 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 and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

**6. IMPRESSIVE, CHEF!** Plate up the sliced lamb and drizzle with the berry sauce. Serve the smashed potatoes alongside and finish with the tomato & onion salad. Garnish with the remaining oregano.



## Chef's Tip

Air fryer method: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	4.5g
Carbs	11g
of which sugars	4.9g
Fibre	1.1g
Fat	4.5g
of which saturated	1.9g
Sodium	119mg

## Allergens

Cow's Milk, Allium, Sulphites, Alcohol

Eat  
Within  
4 Days