



UCCOOK

Hearty Lamb, Polenta & Onion Dinner

with Italian-style hard cheese

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	682kJ	3802kJ
Energy	163kcal	909kcal
Protein	6.9g	38.5g
Carbs	14g	80g
of which sugars	2.5g	14.2g
Fibre	1.4g	7.8g
Fat	8.3g	46.4g
of which saturated	3.7g	20.8g
Sodium	48mg	265mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Onions <i>peel, trim & cut into thick rounds</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces on the diagonal</i>
480g	640g	Free-range Lamb Rump
225ml	300ml	Polenta
90ml	125ml	Crème Fraîche
45ml	60ml	Grated Italian-style Hard Cheese
60ml	80ml	Stock Mix <i>(15ml [20ml] Beef Stock, 15ml [20ml] Onion Powder & 30ml [40ml] Cornflour)</i>
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Lemon Juice
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. FONDANT VEG Boil the kettle. Place a pan (with a lid) over medium heat, with enough oil to cover the base, and a knob of butter. When hot, add the onion, and the carrot in a single layer. Once the butter is foaming, reduce the heat and pop on the lid. Braise until soft and caramelised, 25-30 minutes (shifting occasionally).

2. LIPSMACKING LAMB When the onion has reached the halfway mark, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb, fat-side down, until crispy, 3-5 minutes. Flip the lamb onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

3. PERFECT POLENTA Bring a pot with 1L [1.4L] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the crème fraîche, the hard cheese and some seasoning. Loosen with a splash of warm water if necessary.

4. TAKE STOCK Dilute the stock mix with 150ml [200ml] of boiling water. Return the pan to medium heat. Fry the garlic until fragrant, 1-2 minutes. Add the diluted stock and simmer until thickened, 4-5 minutes.

5. A BEAUTIFUL PLATE Dish up the creamy polenta, side with the seared lamb, and drizzle over the stock. Side with the caramelised veg. Drizzle over the lemon juice, and garnish with the parsley.