



UCOOK

Sijnn's Braised Lamb Flatbread

with smashed peas, roasted butternut & fresh parsley

We're convinced a picture of this dish should be next to the dictionary's definition of 'lip-smacking'. Juicy, melt-in-your-mouth lamb shoulder adorns a lightly crisped flatbread that has been generously coated with smashed peas. *Smacks lips*

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Sijnn Wines | Sijnn Red Blend

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized pieces</i>
5ml	Beef Stock
1	Onion <i>½ peeled & finely diced</i>
160g	Free-range Lamb Shoulder Cubes <i>pat dry</i>
15ml	Curried Tomato Paste <i>(5ml Spice & All Things Nice Rogan Josh Curry Paste & 10ml Tomato Paste)</i>
1	Garlic Clove <i>peeled & grated</i>
40ml	Fresh Cream
40g	Peas
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Flatbread

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. OVEN-ROASTED GOODNESS Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. TENDER & TOMATOY LAMB Dilute the stock with 150ml of boiling water. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 2-3 minutes (shifting occasionally). Add the lamb cubes and fry until browned, 1-2 minutes. Add the curried tomato paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly).

3. CURRY UP! When the curry paste is fragrant, add the diluted stock to the pot. Bring to a boil. Reduce the heat and simmer until the lamb is tender and the sauce has thickened, 15-20 minutes (stirring occasionally). Remove from the heat and season.

4. OH-SO-CREAMY & DREAMY Place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the peas and a small splash of water. Remove from the heat and stir in the cream. Smash up the pea & cream mixture with a fork until a chunky paste. Add ½ the chopped parsley and seasoning. Place in a bowl, cover to keep warm, and set aside.

5. FLAVOURFUL FLATBREAD Return the pan, wiped down, to a high heat with a small drizzle of oil or knob of butter. When hot, fry the flatbread until heated through and lightly crisped, 2 minutes per side. Drain on paper towel.

6. LUSCIOUS LAMB FOR DINNER! Place the flatbread on a plate and smother in the smashed peas. Top with the saucy lamb, and the roasted butternut. Scatter over the remaining parsley. What a treat, Chef!



Chef's Tip

Air fryer method: Coat the butternut in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	643kj
Energy	154kcal
Protein	6.2g
Carbs	14g
of which sugars	3.1g
Fibre	1.8g
Fat	7.6g
of which saturated	3.4g
Sodium	121mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days