



# UCOOK

## Lamb Stew & Carrot Mash

with crispy poppadom & fresh parsley

A tasty, rich and warming stew perfect for a chilly night! Lamb is cooked until tender and then added to a glistening tomato sauce packed with garlic and NOMU Indian Rub. It is served with sweet carrot mash and sprinklings of crushed poppadoms and fresh parsley.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Carb Conscious

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 Paserene | Dark Shiraz

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## Ingredients & Prep

720g	Carrot <i>trimmed, peeled &amp; cut into bite-sized chunks</i>
450g	Free-range Lamb Chunks
2	Red Onions <i>1½ peeled &amp; roughly diced</i>
15ml	NOMU Indian Rub
2	Garlic Cloves <i>peeled &amp; grated</i>
300g	Cooked Chopped Tomato
3	Poppadoms
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. CARROT MASH** Place the carrot pieces in a pot of salted water. Bring to the boil and cook until soft, 30-35 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

**2. AROMATIC STEW** Pat the lamb dry with paper towel. Place a pot over medium heat with a drizzle of oil. When hot, add the lamb and fry until browned, 3-4 minutes (shifting occasionally). Add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the NOMU rub and the grated garlic, fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato and 600ml of water. Simmer until slightly reduced, 15-20 minutes (stirring occasionally). Add a sweetener and season.

**3. CRISPY POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**4. TIME TO DINE** Plate up a helping of flavourful lamb stew, serve with the carrot mash on the side. Crumble over the crispy poppadoms and sprinkle over the chopped parsley. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	5.4g
Carbs	8g
of which sugars	3.4g
Fibre	1.8g
Fat	5.2g
of which saturated	2.1g
Sodium	123mg

## Allergens

Allium

Cook  
within  
4 Days