



UCCOOK

Braised Lamb Flatbread

with smashed peas, roasted butternut & fresh parsley

Hands-on Time: 50 minutes

Overall Time: 65 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	630kJ	5099kJ
Energy	151kcal	1220kcal
Protein	6g	48.5g
Carbs	15g	125g
of which sugars	3.1g	25.2g
Fibre	1.8g	14.3g
Fat	6.8g	54.7g
of which saturated	3g	24.4g
Sodium	121mg	982mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>deseed, peel (optional) & cut into bite-sized pieces</i>
15ml	20ml	Beef Stock
480g	640g	Free-range De-boned Lamb Leg
2	2	Onions <i>peel & roughly dice</i>
45ml	60ml	Curried Tomato Paste <i>(15ml [20ml] Spice & All Things Nice Rogan Josh Paste & 30ml [40ml] Tomato Paste)</i>
2	2	Garlic Cloves <i>peel & grate</i>
120g	160g	Peas
125ml	160ml	Fresh Cream
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
6	8	Pita Flatbreads

From Your Kitchen

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

1. OVEN-ROASTED GOODNESS Preheat the oven to 200°C and boil the kettle. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. TENDER & TOMATOEY LAMB Dilute the stock with 450ml [600ml] of boiling water. Place a pot over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, and cut into bite-sized chunks. When hot, fry the lamb until browned, 4-5 minutes (shifting occasionally). Add the onions and fry until soft, 6-7 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, 20-25 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 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 and cream mixture with a fork until a chunky paste. Add ½ the 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. Toast the flatbreads until heated through and lightly crisped, 1 minute per side. Drain on paper towel.

6. LUSCIOUS LAMB FOR DINNER! Place the flatbreads 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!