



# UCOOK

## Savanna's Lamb Leg & Pea Purée

with almonds, fresh mint & roasted radish

Tender & juicy lamb slices lie on top of a smooth & velvety pea purée. Sided with roasted radish & beetroot for earthiness and colour. Accompanied by a simple feta salad. Then it's all sprinkled with almonds & mint for an added burst of crunch & freshness. It's deliciously fab, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Savanna

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🍷 Adventurous Foodie

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🍷 No paired wines

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## Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized pieces</i>
40g	Radish <i>rinsed &amp; halved</i>
10g	Almonds
1	Garlic Clove <i>peeled &amp; grated</i>
50g	Peas
50ml	Fresh Cream
4g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
160g	Free-range De-boned Lamb Leg
5ml	NOMU Lamb Rub
20g	Green Leaves <i>rinsed</i>
25g	Danish-style Feta <i>drained &amp; crumbled</i>

## From Your Kitchen

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

**1. ROOTING FOR THIS ROAST** Preheat the oven to 200°C. Spread out the beetroot pieces and the halved radishes on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 30-35 minutes (shifting halfway).

**2. KEEP IT NUTTY** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PERFECT PEA PURÉE** Return the pan to medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated garlic and the peas until fragrant, 2-3 minutes (shifting constantly). Pour in the cream and simmer until heated through, 1-2 minutes. Place the peas & cream mix in a blender with ½ the chopped mint and seasoning. Pulse until a smooth purée. (Alternatively, see Chef's Tip). Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

**4. LUSCIOUS LAMB** When the veg has 10 minutes remaining, return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, fry the lamb until browned, 3-5 minutes (shifting as it colours). In the final minute, baste with the NOMU rub and a knob of butter. Once browned, add to the roasting tray with the veg to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing. Lightly season.

**5. SIMPLE SIDE** In a salad bowl, toss together the shredded leaves, ½ the toasted almonds, the crumbled feta, a drizzle of olive oil, and seasoning.

**6. ART ON A PLATE** Smear the pea purée on the plate and top with the lamb slices. Serve alongside the roasted radish & beetroot and the fresh salad. Sprinkle over the remaining almonds and mint. Beautiful work, Chef!



## Chef's Tip

If you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or fork, pour in the cream and mix until combined.

## Nutritional Information

Per 100g

Energy	661kj
Energy	158kcal
Protein	7.4g
Carbs	5g
of which sugars	1.8g
Fibre	2.2g
Fat	11.7g
of which saturated	5.6g
Sodium	147mg

## Allergens

Dairy, Allium, Tree Nuts

Cook  
within  
4 Days