



UCOOK

Lush Lamb & Roti

with fresh parsley, tomato passata & potato

This dish proves that with rich, balanced flavours, you don't need a lot of ingredients to satisfy your taste buds. On a lightly toasted roti lies a luscious serving of browned lamb pieces, cooked in tangy tomato passata-based sauce with cubes of fried potatoes and a sprinkling of fresh parsley.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

160g	Free-range De-boned Lamb Leg Chunks
1	Onion
200g	Potato
4g	Fresh Parsley
10ml	NOMU Lamb Rub
100ml	Tomato Passata
1	Whole Wheat Roti

From Your Kitchen

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

1. PUT YOUR CHEF'S HAT ON Boil the kettle. 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).

2. GET THE PREP DONE While the lamb is browning, peel and roughly dice ½ the onion. Peel and cut the potato into small chunks. Rinse and roughly chop the parsley.

3. SIMMER YOUR DINNER When the lamb is browned, add the diced onion, the potato pieces, and the rub to the lamb. Fry the onion until soft, 4-5 minutes until (shifting occasionally). Pour in the tomato passata and 100ml of boiling water. Simmer until the sauce has reduced and the potatoes are soft, 12-15 minutes. Season and add a sweetener of choice.

4. HERE COMES THE ROTI Place a clean pan over medium heat. When hot, warm the roti until heated through and lightly toasted, 30-60 seconds per side.

5. QUICK AND DELICIOUS! Pile up the saucy lamb. Sprinkle over the chopped parsley. Grab a toasted roti and scoop up the delicious lamb. Well done, Chef!

Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	6.4g
Carbs	14g
of which sugars	3g
Fibre	1.9g
Fat	6.2g
of which saturated	2.5g
Sodium	203mg

Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook
within
4 Days