



UCOOK

Muratie's Lamb & Paprika Potatoes

with UCOOK Napoletana sauce

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Muratie Winery

Wine Pairing: Muratie Wine Estate | Muratie Melck's-Blended Red

Nutritional Info	Per 100g	Per Portion
Energy	426kJ	3567kJ
Energy	102kcal	852kcal
Protein	4.4g	36.9g
Carbs	10g	81g
of which sugars	3.5g	28.9g
Fibre	1.6g	13.7g
Fat	4.9g	41.4g
of which saturated	2.2g	18.6g
Sodium	148mg	1241mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Smoked Paprika
150g	300g	Free-range Lamb Chunks
75g	150g	Sliced Onions
120g	120g	Carrot <i>rinse, peel (optional) & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	NOMU Roast Rub
1 unit	1 unit	UCOOK Napoletana Sauce
30ml	60ml	Fresh Cream
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. PAPRIKA POTATOES Coat the baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). At the halfway mark, toss with the paprika and cook for the remaining time. Alternatively, roast in the oven at 200°C for 30-35 minutes.

2. FRAGRANT & FLAVOURFUL Place a pan over high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb until golden, 3-4 minutes (shifting occasionally). Add the onion and carrot, fry until the onion is soft and translucent, 4-5 minutes (shifting occasionally). Add the garlic and the NOMU rub, and fry until fragrant, 1-2 minutes (shifting occasionally).

3. OM NOM NAPOLETANA Deglaze the pan with ½ [all] of the UCOOK Napoletana sauce. Add a sweetener (to taste) and allow the sauce to simmer for 2-3 minutes, stirring occasionally. Add the cream and ½ the parsley. Cook for a further 4-5 minutes, adding a splash of water if the sauce is getting too thick.

4. LIPSMACKING LAMB DISH Bowl up the saucy lamb, topped with the crispy spuds, sprinkling over the remaining parsley to finish. There you have it, Chef, dinner is ready!