



UCOOK

Lamb Mince Wrap

with roast butternut & sriracha That Mayo

This dish is both delicious and packed full of healthy goodness with charred yellow peppers and red onions, green leaves, oven-roasted butternut chunks, cucumber matchsticks, and caramelised lamb mince. Dollop over the sriracha sauce, fold, and enjoy. That's a wrap, Chef!


Hands-on Time: 30 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Offen

 Quick & Easy

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion
1	Bell Pepper
20g	Green Leaves
50g	Cucumber
150g	Free-range Lamb Mince
15ml	NOMU BBQ Rub
2	Rotis
1 unit	Sriracha Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BUTTER-NUT FORGET IT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

2. SOME PREP Peel and roughly slice ½ the onion. Rinse, deseed, and cut ½ the pepper into strips. Rinse and roughly shred the green leaves. Rinse and cut the cucumber into matchsticks.

3. MYYYYY MINCE Place a pan over high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 3-4 minutes (stirring occasionally). In the final minute, add the NOMU rub. Remove from the pan and cover to keep warm.

4. ADD SOME COLOUR Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the onion slices and the pepper strips until charred but still crunchy, 3-5 minutes. Remove from the pan and cover to keep warm.

5. REACH FOR THE ROTIS Return the pan, wiped down, to medium-high heat. When hot, warm the rotis until heated through and lightly toasted, 1-3 minutes per side. Once heated, stack on a plate and cover to keep warm.

6. EAT UP, CHEF! Smear the warmed rotis with the sriracha mayo (to taste). Top with the shredded leaves, the spiced mince, the charred veg, and the cucumber matchsticks. Dollop over any remaining sriracha mayo (to taste). Fold up and serve with the roasted butternut and any remaining charred veg.



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	620kJ
Energy	148kcal
Protein	5.9g
Carbs	14g
of which sugars	3.7g
Fibre	1.8g
Fat	7.8g
of which saturated	2.1g
Sodium	244mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Cook
within 2
Days