



UCOOK

Lamb with Green Leaf Dressing

with carrot mash & sunflower seeds

Succulent lamb rump slices sided with smooth carrot mash, topped with pickled chillies, served with a fresh green sauce of kale, garlic and olive oil, and sprinkled with toasted sunflower seeds - a real winner dinner!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

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Ingredients & Prep

720g	Carrot <i>trimmed, peeled & cut into bite-sized chunks</i>
30ml	White Wine Vinegar
2	Fresh Chillies <i>deseeded & roughly sliced</i>
30g	Sunflower Seeds
2	Garlic Cloves <i>peeled & grated</i>
150g	Kale <i>rinsed & roughly shredded</i>
480g	Free-range Lamb Rump

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey
Milk (optional)
Blender
Paper Towel
Tea Towel

1. GET GOING! Boil a full kettle. Place a pot over a medium-high heat with 3-4 cm of boiling water covering the base. Place the carrot chunks in a colander over the pot, cover, and steam for 15-20 minutes until cooked through and soft. On completion, drain and return to the pot. Stir in a knob of butter or coconut oil (optional) and a splash of milk or water. Mash with a fork or potato masher until desired consistency. Season and cover to keep warm.

2. PICKLE & TOAST In a bowl, add ½ the vinegar, 15ml of a sweetener of choice and 30ml of water. Mix until the sweetener is fully dissolved. Add the sliced chilli and set aside to pickle. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

3. BRIGHT GREEN SAUCE Place a pot over a medium heat with a drizzle of oil. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting constantly. Remove from the pot and set aside. Return the pot to a high-heat, fill with boiling water, and add a pinch of salt. Once bubbling rapidly, blanch a ¼ of the shredded kale for 30 seconds. Drain on completion and run under cold water to stop the cooking process. Using a tea towel, squeeze out the extra liquid from the kale. Place the squeezed kale in a blender with the fried garlic, remaining vinegar and 40ml of olive oil. Blend until smooth and saucy and season.

4. SIZZLING STEAKS Pat the steaks dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a drizzle of oil or a knob of butter. Remove from the pan on completion and rest for 5 minutes before slicing. Lightly season the slices.

5. SAUTÉED GREENS Return the pan to a medium heat with a drizzle of oil. When hot, sauté the remaining shredded kale for 2-3 minutes until slightly wilted, shifting occasionally. Remove from the heat and season.

6. FEASTING TIME! Plate up a generous helping of carrot mash and sautéed kale. Side with the gorgeous lamb rump and drizzle over the bright green sauce. Top with the pickled chilli and a drizzle of the pickling liquid (to taste). Sprinkle over the toasted seeds and dig in!



Chef's Tip

If your green sauce is too thick, loosen with an extra drizzle of oil.

Nutritional Information

Per 100g

Energy	517kJ
Energy	124Kcal
Protein	7g
Carbs	6g
of which sugars	2.6g
Fibre	2g
Fat	8g
of which saturated	2.9g
Sodium	38mg

Allergens

Allium, Sulphites

Cook
within
4 Days