



UCCOOK

Hearty Lamb & Artichoke Stew

with homemade flatbread, fresh parsley & red wine

Tender pieces of lamb are simmered in a stew of NOMU Moroccan Rub, red wine, and tomato dotted with pops of green peas & artichokes. All of this hearty goodness is piled onto a homemade flatbread. Better wear an apron as you'll be kneading and rolling your way to a delish dinner, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jewell Willeberg

Adventurous Foodie

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

150g	Free-range Lamb Chunks
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly dice</i>
5ml	NOMU Moroccan Rub
10ml	Tomato Paste
15ml	Red Wine
100ml	Tomato Passata
40g	Peas
40g	Artichoke Hearts <i>drain</i>
125ml	Self-raising Flour
90ml	Low Fat Plain Yoghurt
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. LUSH LAMB Place a pot over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb until browned, 2-3 minutes (shifting occasionally). Add the carrot pieces and the diced onion to the pot. Fry until golden, 3-4 minutes (shifting occasionally).

2. SIMMERING STEW When the onion is golden, add the NOMU rub and the tomato paste. Fry until fragrant, 1-2 minutes. Add the wine and simmer until almost all evaporated, 1-2 minutes. Add the tomato passata and 150ml of water. Lower the heat and simmer until slightly reduced and thickened, 10-12 minutes. In the final 1-2 minutes, add the peas and ½ the artichoke quarters. Add a sweetener (to taste) and season.

3. HOMEMADE FLATBREAD Set aside 1 tsp of flour. Place the rest in a bowl with a good pinch of salt. Using your hands, rub in 10ml of oil until it forms breadcrumbs. Add 35ml of yoghurt until combined into a sticky ball. If too dry, add water in 5ml increments until combined. Use the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 1-2 pieces and use a rolling pin or bottle to shape into flat discs, about 12-15cm wide.

4. TOASTED Place a pan over high heat. When hot, cook the flatbreads one at a time until heated through and lightly crisped, 2 minutes per side. Smear butter (optional) or a drizzle of olive oil over the flatbread.

5. DINNER IS SERVED Plate up the flatbread and top with the lamb stew. Pile on the remaining artichoke quarters and dollop over the remaining yoghurt. Sprinkle over the chopped parsley. Delish work, Chef!

Nutritional Information

Per 100g

Energy	475kj
Energy	114kcal
Protein	5.7g
Carbs	13g
of which sugars	2.8g
Fibre	1.7g
Fat	4.3g
of which saturated	1.7g
Sodium	72mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
4 Days