



UCCOOK

Luscious Lamb & Fondant Potatoes

with a curry leaf burnt butter & a carrot sultana salad

Try something new! Fondant potatoes are an all time favourite with chefs. Served with succulent tandoori-spiced lamb and drizzled with a curry leaf burnt butter for added richness!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser

 Adventurous Foodie

 Waterkloof | Peacock Syrah

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Ingredients & Prep

400g	Potato <i>rinsed</i>
15ml	Chicken Stock
240g	Baby Carrot Medley <i>rinsed & halved, keeping the stems intact</i>
20g	Pecan Nuts <i>roughly chopped</i>
320g	Free-range De-boned Lamb Leg
20ml	NOMU Tandoori Rub
5g	Curry Leaves <i>rinsed & dried</i>
20g	Golden Sultanas
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. FANCY FONDANT POTATOES Preheat the oven to 220°C. Boil the kettle. Cut the potatoes in half lengthways and cut each half into quarters. Dilute the stock with 200ml of boiling water. Place an ovenproof pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, add the potato pieces (shortest side down) and fry until the base is golden, 5 minutes. Flip, and pour in the diluted stock. Pop in the hot oven and bake until the potatoes are tender, 25-30 minutes (adding more water if necessary).

2. ROAST CARROTS Spread the halved baby carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). In the final 5 minutes, scatter the chopped pecan nuts over the carrots.

3. SIZZLING LAMB When the potatoes have 5-10 minutes remaining, place a nonstick, oven-proof pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-5 minutes (shifting as it colours). In the final minute, baste the lamb with a knob of butter and the NOMU rub. Once browned, pop the pan into the hot oven, 5-8 minutes. Rest for 5 minutes before slicing and seasoning.

4. CURRY LEAF BURNT BUTTER Return the pan, wiped down if necessary, to medium-high heat with 40g of butter. Once foaming, add the rinsed curry leaves and spread out in a single layer. Fry, 1-2 minutes, watching closely to make sure they don't burn! Remove the pan from the heat.

5. CARROT & SULTANA SALAD In a salad bowl, combine the roasted carrots and nuts, the sultanas, the rinsed green leaves, a drizzle of olive oil, and seasoning.

6. PLATE IT UP! Plate up the tender lamb slices alongside the fondant potatoes. Drizzle over the curry leaf burnt butter. Side with the carrot and sultana salad. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	6.8g
Carbs	12g
of which sugars	3.3g
Fibre	2.6g
Fat	8.2g
of which saturated	3.1g
Sodium	269mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days