



UCCOOK

Lamb & Creamy Polenta

with mixed herbs

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	829kj	3062kj
Energy	198kcal	732kcal
Protein	10.4g	38.4g
Carbs	15g	54g
of which sugars	1.7g	6.4g
Fibre	1.8g	6.5g
Fat	10.9g	40.3g
of which saturated	4.6g	16.9g
Sodium	157mg	580mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
480g	640g	Free-range De-boned Lamb Leg Chunks
16g	20g	Herb Mix <i>(8g [10g] Fresh Rosemary & 8g [10g] Fresh Thyme)</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
30ml	40ml	NOMU Italian Rub
150ml	200ml	Tomato Passata
150g	200g	Kale <i>rinse & roughly shred</i>
225ml	300ml	Polenta
60ml	80ml	Grated Italian-style Hard Cheese
45ml	60ml	Lemon Juice

From Your Kitchen

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

1. BUTTERY LAMB Boil the kettle. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the lamb dry with paper towel and cut into small chunks. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally).

2. AMAZING AROMAS Rinse and roughly chop the mixed herbs. Add the spring onion whites, and the NOMU rub to the pot. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 300ml [400ml] of boiling water. Simmer until the sauce thickens, 15-20 minutes. In the final 2-3 minutes, mix in the kale, the mixed herbs, and a sweetener (to taste). Remove from the heat and season.

3. CHEESY POLENTA While the lamb is on the go, to a clean pot add 1L [1.4L] of boiling water. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the cheese, and seasoning. Loosen with a splash of warm water if necessary.

4. A PERFECT PLATE Bowl up the creamy polenta, and top with the saucy lamb. Garnish with the spring onion greens, and drizzle over the lemon juice (to taste).

Chef's Tip