



# QCOOK

## Lamb Leg Bruschetta

with balsamic vinegar & fresh tomato

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Zevenwacht | Estate Merlot

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 688kj    | 4261kj      |
| Energy             | 165kcal  | 1019kcal    |
| Protein            | 8.7g     | 53.6g       |
| Carbs              | 16g      | 96g         |
| of which sugars    | 3.1g     | 19.3g       |
| Fibre              | 1.1g     | 7g          |
| Fat                | 7.4g     | 45.6g       |
| of which saturated | 3.1g     | 19.2g       |
| Sodium             | 181mg    | 1121mg      |

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 1        | 1          | Onion<br><i>peel &amp; finely slice</i>               |
| 160g     | 320g       | Free-range De-boned Lamb Leg                          |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>               |
| 1        | 2          | Sourdough Baguette/s<br><i>cut into thick rounds</i>  |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>             |
| 15ml     | 30ml       | Balsamic Vinegar                                      |
| 20g      | 40g        | Green Leaves<br><i>rinse &amp; roughly shred</i>      |
| 25g      | 50g        | Italian-style Hard Cheese<br><i>peel into ribbons</i> |

## From Your Kitchen

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Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter (optional)

Sugar/Sweetener/Honey

**1. SILKY SWEET ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**2. LIPSMACKING LAMB** Return the pan to medium-high heat, wiped down if necessary. Add a drizzle of oil. Pat the lamb dry with paper towel and season. Sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter (optional). Remove from the pan, reserving any pan juices. Rest for 5 minutes before slicing. Lightly season the slices.

**3. GARLIC BAGUETTE ROUNDS** In a bowl, combine the garlic, a drizzle of olive oil and seasoning, and toss through the baguette rounds. Return the pan, wiped down if necessary, to medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**4. BALSAMIC TOMATOES** In a bowl, combine the tomato and balsamic vinegar (to taste). In a separate bowl, combine the green leaves, the cheese ribbons and a drizzle of olive oil.

**5. SEASON, SERVE AND SAVOUR!** Place down the aromatic baguette slices. Top with the caramelised onions, and the juicy lamb leg (and any pan juices). Finish off the bruschetta with some of the balsamic tomato mixture, serving the rest on the side. Top the bruschetta with the green leaves-cheese mix and a sprinkle of salt and a grind of pepper!