



UCOOK

Loaded Lamb Coconut Wrap

with roasted butternut & feta

A delicious gluten-free coconut wrap is loaded with the tastiest, sauciest lamb goulash coated in a fragrant tomato sauce. Green leaves, creamy feta and crunchy flaked almonds join the 'wrap party'! Sweet oven-roasted butternut is served alongside. Seriously, need we say more?

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Boschendal | Nicolas

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Ingredients & Prep

750g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
2	Onions <i>1½ peeled & finely sliced</i>
3	Tomatoes <i>finely chopped</i>
450g	Free-range Lamb Goulash <i>cut into bite-sized pieces</i>
3	Gluten-free Coconut Wraps
60g	Green Leaves <i>rinsed</i>
60g	Danish-style Feta <i>drained</i>
30g	Flaked Almonds

From Your Kitchen

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

1. YOU BUTTERNUT DO THAT! Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. To make sure they get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TOMATO BASE Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 6-7 minutes until soft and browned, shifting occasionally. Add the chopped tomato and 150ml of water. Reduce the heat and leave to simmer for 15-20 minutes until reduced and thickened, stirring occasionally.

3. LAMB TIME When the onion and tomato mixture has 5 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, add the lamb pieces and fry for 5-6 minutes or until crispy, shifting as they colour. You may need to do this step in batches. Remove from the pan and set aside to rest for 3 minutes. On completion, add to the pan with the reduced tomato sauce. Toss until fully combined and season with salt, pepper, and a sweetener of choice.

4. FINISHING TOUCHES Return the pan, wiped down, to a medium-high heat. When hot, dry toast the coconut wraps one at a time for about 30 seconds per side until warmed through and lightly golden. Remove from the pan on completion and stack on a plate as you go to keep them warm.

5. WRAP PARTY! Plate up the wraps and top with the tomatoey lamb, and the rinsed green leaves. Crumble over the drained feta and a sprinkle over the flaked almonds. Wrap them up and serve alongside the roasted butternut and any remaining fillings. Well done, Chef!

Nutritional Information

Per 100g

Energy	492kJ
Energy	118Kcal
Protein	5.6g
Carbs	9g
of which sugars	2.4g
Fibre	2.5g
Fat	6.1g
of which saturated	2.6g
Sodium	83mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days