



# UCOOK

## Greek Almond-crusted Lamb

with orzo & sun-dried tomatoes

Lamb is cooked until succulent before being covered in a beautiful almond & parsley crumb. It is served on a bed of tender orzo studded with chopped sun-dried tomato. You will love each and every bite of this wonderful dish!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Aisling Kenny

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Adventurous Foodie

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

100ml	Orzo Pasta
5ml	Vegetable Stock
1	Garlic Clove <i>peel &amp; grate</i>
20g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
25g	Italian Style Hard Cheese <i>grate</i>
20g	Spinach <i>rinse &amp; roughly shred</i>
160g	Free-range De-boned Lamb Leg
20g	Almonds <i>finely chop</i>
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>

## From Your Kitchen

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

**1. LOADED ORZO** Preheat the oven to 220°C. Bring a pot of salted water to a boil for the orzo and stir in the stock and the grated garlic. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil, the chopped sun-dried tomatoes, the grated cheese, the shredded spinach, and seasoning.

**2. PERFECT LAMB** Place a 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 and cooked through, 3-5 minutes (shifting as it colours). Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes.

**3. SOME PREP** In a bowl, combine the chopped almonds, the chopped parsley, and seasoning.

**4. FEAST LIKE THE GREEKS!** Plate up the loaded orzo and side with the lamb slices. Cover with a layer of the almond mixture. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	1259kJ
Energy	301kcal
Protein	14.9g
Carbs	24g
of which sugars	2.9g
Fibre	2.3g
Fat	15.6g
of which saturated	5.4g
Sodium	232mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days