



# UCOOK

## Taphuis Braised Lamb Flatbreads

with creamed spinach purée & mango atchar

This juicy, slow-cooked lamb shoulder will just melt in your mouth. Throw in a foolproof homemade flatbread, a smear of silky creamed spinach, and some zingy mango atchar, and you've got the best part of your week sorted!

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**Hands-On Time:** 75 minutes

**Overall Time:** 80 minutes


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**Serves:** 3 People

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**Chef:** Stephen Fraser

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 Easy Peasy

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 Lanzerac Estate | Syrah

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## Ingredients & Prep

10ml	Beef Stock
320g	Deboned Lamb Shoulder
15ml	Cape Herb & Spice Rogan Josh Curry Paste
30ml	Tomato Paste
250ml	Self-raising Flour
5ml	Coriander Seeds
170ml	Plain Greek Yoghurt
1	Onion <i>peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
100ml	Fresh Cream
200g	Spinach <i>rinsed &amp; shredded</i>
60ml	Mango Atchar
8g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Cling Wrap  
Blender  
Butter (optional)

**1. SOFT & TENDER** Boil the kettle. Dilute the stock with 500ml of boiling water. Pat the lamb dry with paper towel. Place a pot over a medium-high heat with a drizzle of oil. When hot, sear for 1-2 minutes until browned but not cooked through. Add the curry paste to taste and fry for 1-2 minutes until fragrant, shifting constantly. Mix in the tomato paste and stock, and bring to the boil. Reduce the heat and simmer for 40-50 minutes until the lamb is tender and the sauce is thick. Stir occasionally and remove from the heat on completion.

**2. MIX THE DOUGH** Set aside 2 tsp of flour. Place the rest in a bowl with the coriander seeds and a good pinch of salt. Using your hands, rub in 20ml of oil until it forms breadcrumbs. Mix in 70ml of yoghurt until a sticky ball. If too dry, gradually mix in water in 5ml increments until combined and sticky. Place on a flat surface and knead into a smooth dough. Divide into 4 pieces and roll into balls. Cover with cling wrap and pop in the fridge.

**3. OH-SO-CREAMY** Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Stir in a small splash of water to deglaze the pan and remove from the heat. Stir in the cream until heated through. Transfer to a bowl, cover to keep warm, and set aside.

**4. GREENS** Boil the kettle again. Place the shredded spinach in a bowl, submerge in boiling water, and allow to sit for 1 minute. Drain and run under cold water to stop the cooking process. Place on paper towel and squeeze out excess water. Place in a blender with the cream sauce and blend until smooth. Season, cover to keep warm, and set aside for serving.

**5. FLATBREADS** Spread the reserved flour across a flat surface. Place the dough balls on top and use a rolling pin to shape into flat discs of 10-12cm in diameter. Return the pan to a high heat with a small drizzle of oil or knob of butter. When hot, cook the flatbreads one at a time for 2 minutes per side until heated through and lightly crisped. Remove from the pan on completion. As you go, stack between paper towel to keep warm.

**6. ASSEMBLE** Place the flatbreads on boards and smother in spinach purée. Top with the saucy lamb, mango atchar, and remaining yoghurt. Garnish with the rinsed coriander leaves. What a treat!



## Chef's Tip

To knead dough is to work it with your hands by stretching, folding, and pushing. It's normal for it to be sticky when kneading, so don't be alarmed! If you don't have a rolling pin to form your flatbreads, just use a glass jar or bottle, making sure to dust it with flour.

## Nutritional Information

Per 100g

Energy	702kj
Energy	168Kcal
Protein	7.9g
Carbs	11g
of which sugars	1.7g
Fibre	1.4g
Fat	10.5g
of which saturated	4.5g
Sodium	359mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days