



# UCCOOK

## Braised Lamb Flatbread

with smashed peas, roasted butternut & fresh mint

**Hands-on Time:** 50 minutes

**Overall Time:** 65 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Bertha Wines | Bertha Shiraz

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 618kJ    | 4940kJ      |
| Energy             | 148kcal  | 1181kcal    |
| Protein            | 5.9g     | 46.8g       |
| Carbs              | 16g      | 125g        |
| of which sugars    | 3g       | 23.8g       |
| Fibre              | 1.8g     | 14.3g       |
| Fat                | 6.3g     | 50.7g       |
| of which saturated | 2.7g     | 21.6g       |
| Sodium             | 122mg    | 976mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                          |
|----------|------------|--------------------------------------------------------------------------------------------------------------------------|
| 750g     | 1kg        | Butternut<br><i>deseed, peel (optional) &amp; cut into bite-sized pieces</i>                                             |
| 15ml     | 20ml       | Beef Stock                                                                                                               |
| 450g     | 600g       | Free-range Lamb Chunks                                                                                                   |
| 2        | 2          | Onions<br><i>peel &amp; roughly dice</i>                                                                                 |
| 45ml     | 60ml       | Curried Tomato Paste<br><i>(15ml [20ml] Spice &amp; All Things Nice Rogan Josh Paste &amp; 30ml [40ml] Tomato Paste)</i> |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                                                                 |
| 120ml    | 160ml      | Fresh Cream                                                                                                              |
| 120g     | 160g       | Peas                                                                                                                     |
| 8g       | 10g        | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>                                                                      |
| 6        | 8          | Pita Flatbreads                                                                                                          |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter (optional)

**1. OVEN-ROASTED GOODNESS** Preheat the oven to 200°C and boil the kettle. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

**2. TENDER & TOMATOEY LAMB** Dilute the stock with 450ml [600ml] of boiling water. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the lamb until browned, 4-5 minutes (shifting occasionally). Add the onions and fry until soft, 6-7 minutes. Add the curried tomato paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly).

**3. CURRY UP!** When the curry paste is fragrant, add the diluted stock to the pot. Bring to a boil. Reduce the heat and simmer until the lamb is tender and the sauce has thickened, 20-25 minutes (stirring occasionally). Remove from the heat and season.

**4. OH-SO-CREAMY & DREAMY** Place a pan over medium heat with a drizzle of oil. When hot, add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the peas and a small splash of water. Remove from the heat and stir in the cream. Smash up the pea & cream mixture with a fork until a chunky paste. Add ½ the mint and seasoning. Place in a bowl, cover to keep warm, and set aside.

**5. FLAVOURFUL FLATBREAD** Return the pan, wiped down, to a high heat with a small drizzle of oil or knob of butter. Toast the flatbreads until heated through and lightly crisped, 1 minute per side. Drain on paper towel.

**6. LUSCIOUS LAMB FOR DINNER!** Place the flatbreads on a plate and smother in the smashed peas. Top with the saucy lamb and the roasted butternut. Scatter over the remaining mint. What a treat, Chef!