



# UCCOOK

## One Tray Lamb & Veg

with sour cream & pumpkin seeds

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Strandveld | Grenache

Nutritional Info	Per 100g	Per Portion
Energy	470kJ	2762kJ
Energy	112kcal	661kcal
Protein	5.6g	32.8g
Carbs	6g	37g
of which sugars	2.9g	17.2g
Fibre	1.7g	9.9g
Fat	7g	40.9g
of which saturated	2.9g	16.8g
Sodium	82mg	480mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
450g	600g	Free-range Lamb Chunks
2	2	Garlic Cloves <i>peel &amp; grate</i>
30ml	40ml	NOMU Lamb & Roast
3	4	Tomato/es <i>rinse &amp; cut into wedges</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
125ml	160ml	Sour Cream
30g	40g	Pumpkin Seeds
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. OM NOM NOMU ROAST** Preheat the oven to 200°C. Spread the carrot and lamb on a roasting tray. Coat in oil, the garlic and NOMU rub, and season. Roast in the hot oven until golden, 35-40 minutes, at the halfway mark, shift and add the tomato. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

**2. PARSLEY SOUR CREAM** Mix the sour cream with ½ of the parsley and loosen with water in 10ml increments until drizzling consistency.

**3. SEEDS & SALAD** In the final 5 minutes, sprinkle over the pumpkin seeds and roast for the remaining time. In a bowl, dress the salad leaves with a drizzle of olive oil.

**4. DINNER = DONE** Make a bed of the salad leaves, top with the roast, drizzle over the sour cream, and garnish with the remaining parsley.