



# UCCOOK

## Cheesy French Lamb Ciabattini

with sweet potato fries & toasted almonds

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Mr May Grenache

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 678kJ    | 4808kJ      |
| Energy             | 162kcal  | 1150kcal    |
| Protein            | 7.2g     | 51.1g       |
| Carbs              | 15g      | 105g        |
| of which sugars    | 3.5g     | 24.6g       |
| Fibre              | 1.7g     | 12g         |
| Fat                | 7.6g     | 53.6g       |
| of which saturated | 3g       | 21.4g       |
| Sodium             | 163mg    | 1153mg      |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 250g     | 500g       | Sweet Potato<br><i>rinse, peel (optional) &amp; cut into thick fries</i> |
| 10g      | 20g        | Almonds<br><i>roughly chop</i>   |
| 10ml     | 20ml       | Beef Stock   |
| 150g     | 300g       | Free-range Lamb Chunks   |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>                                 |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                  |
| 1        | 2          | Ciabatta Roll/s  |
| 40g      | 80g        | Grated Cheddar Cheese  |
| 3g       | 5g         | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i>                     |

## From Your Kitchen

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

**1. SWEET POTTS** Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the sweet potato, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. TOAST** Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 200ml [400ml] of boiling water.

**3. LAMB** Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into small pieces. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Add the onion and fry until soft and turning golden, 5-6 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Pour in the diluted stock and simmer until the lamb is soft and cooked through, 20-25 minutes. Remove from the heat with all the gravy and season.

**4. SAY CHEESE** Halve the roll/s, and spread butter (optional) or oil over the cut-side. Place all halves, cut-side up, on a roasting tray. Over the top half of the roll/s, scatter the cheese. Bake until the cheese is melted and the roll/s is [are] warmed through, 4-5 minutes. Remove from the oven. Over the bottom half of the roll/s, spread the lamb and cooked onions, leaving the thin gravy aside for serving. Close up the roll/s.

**5. TIME TO INDULGE** Dish up the sweet potato fries and sprinkle over the toasted almonds. Side with the loaded lamb ciabattini and the reserved gravy for dipping the ciabattini. Garnish with the basil. Enjoy every bite of the ciabattini dipped in the gravy first, Chef!