



UCCOOK

Pea Purée & Lamb

with roasted sweet potato

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	577.3kJ	2894.6kJ
Energy	138kcal	691.7kcal
Protein	7.3g	36.4g
Carbs	9.2g	46.2g
of which sugars	3.4g	17.3g
Fibre	1.6g	8.1g
Fat	7.6g	38.1g
of which saturated	3.3g	16.5g
Sodium	452.5mg	2268.6mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

600g	800g	Sweet Potato Chunks
450g	600g	Free-range Lamb Chunks
15ml	20ml	Greek Seasoning
150g	200g	Peas
2	2	Garlic Cloves <i>peel & roughly chop</i>
125ml	160ml	Full Cream UHT Milk
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender

1. ROAST Coat the sweet potato in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. LAMB Place a pan over high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned and cooked through, 2-3 minutes per side. In the final 30-60 seconds, baste with a knob of butter and the Greek seasoning. Remove from the pan and rest for 5 minutes.

3. PEA PURÉE Place a small pot over medium heat with a knob of butter and a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Add the peas and the milk and simmer until the peas are warmed through, 2-3 minutes. Remove from the heat and place the pea mixture in a blender and seasoning. Pulse until a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the garlic and adding the peas and the milk, simply mash the peas with a potato masher or a fork and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

4. DINNER IS READY Smear the purée on one side of the plate, top with the lamb, serve the sweet potato on the side, and make a fresh side of salad leaves, feta, and drizzle the lemon juice (to taste). Dig in, Chef!

Chef's Tip Don't crowd the pan, fry the lamb in batches so it browns nicely.