

# UCCOOK

## Lamb Rump & Lyonnaise Potatoes

with a carrot ribbon salad & Italian-style hard cheese

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jenna Peoples

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

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 481kj    | 3591kj      |
| Energy             | 115kcal  | 859kcal     |
| Protein            | 5.7g     | 42.8g       |
| Carbs              | 10g      | 74g         |
| of which sugars    | 3.3g     | 24.6g       |
| Fibre              | 1.5g     | 11g         |
| Fat                | 6g       | 44.5g       |
| of which saturated | 2.4g     | 18.2g       |
| Sodium             | 82mg     | 615mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                        |
|----------|------------|----------------------------------------------------------------------------------------|
| 250g     | 500g       | Baby Potatoes<br><i>rinse &amp; cut into 1cm thick rounds</i>                          |
| 20ml     | 40ml       | Dijon Dressing<br><i>(15ml [30ml] Red Wine Vinegar &amp; 5ml [10ml] Dijon Mustard)</i> |
| 120g     | 240g       | Carrot<br><i>rinse, trim &amp; peel into ribbons</i>                                   |
| 20g      | 40g        | Sun-dried Tomatoes<br><i>roughly chop</i>                                              |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                                 |
| 20g      | 40g        | Italian-style Hard Cheese<br><i>peel into ribbons</i>                                  |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice ½ [1]</i>                                         |
| 160g     | 320g       | Free-range De-boned Lamb Leg                                                           |
| 5ml      | 10ml       | NOMU One For All Rub                                                                   |

## From Your Kitchen

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

**1. BOIL THE TATOES** Place the potato into a pot of salted water. Bring to a boil and simmer until soft, 4-5 minutes. Drain and set aside.

**2. DRESS THE SALAD** In a small bowl, combine the dijon dressing, a drizzle of olive oil, and seasoning. Toss through the carrot, the sun-dried tomatoes, the parsley, and the ½ the hard cheese. Set aside.

**3. FRY THE SPUDS** When the potatoes are cooked, place a pan to medium-high heat with a drizzle of olive oil and a knob of butter. When hot, fry ½ the boiled potatoes and the onion until starting to brown and char, 4-5 minutes (shifting occasionally). Add the remaining potato, another drizzle of oil, and another knob of butter. Lower the heat slightly and fry until the onion is golden and the potato is starting to crisp, 5-10 minutes (shifting occasionally).

**4. SEAR THE LAMB** Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter and NOMU rub. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

**5. GRAB THE PLATES** Plate up the tender lamb slices and side with the lyonnaise potatoes. Place the mustard-dressed salad alongside and garnish with the remaining cheese. Delish, Chef!