



# U**COOK**

## Lamb & Paprika Potatoes

with a chunky Greek-style salad

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Hellen Mwanza

**Wine Pairing:** Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	582kJ	3547kJ
Energy	139kcal	849kcal
Protein	6.8g	41.5g
Carbs	8g	51g
of which sugars	2g	11.9g
Fibre	1.4g	8.4g
Fat	8.2g	50.1g
of which saturated	3.5g	21.3g
Sodium	167mg	1017mg

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

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Baby Potatoes <i>rinse &amp; cut in half</i>
15ml	20ml	Smoked Paprika
30g	40g	Pumpkin & Sunflower Seed Mix
30ml	40ml	Red Wine Vinegar
90g	120g	Danish-style Feta <i>drain</i>
90g	120g	Pitted Kalamata Olives <i>drain &amp; cut in half</i>
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
8g	10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
480g	640g	Free-range De-boned Lamb Leg
15ml	20ml	NOMU Roast Rub

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

**1. PAPRIKA POTATOES** Coat the baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, toss with the paprika and cook for the remaining time. Alternatively, roast in the oven at 200°C for 30-35 minutes.

**2. FETA & OLIVE SALAD** Place the pumpkin & sunflower seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a salad bowl, combine the red wine vinegar, a sweetener (to taste), and a drizzle of olive oil. Toss through the feta, the olives, the tomato, ½ the mint, and seasoning. Set aside.

**3. LIPSMACKING LAMB** Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter, the NOMU rub and the remaining fresh mint. Remove from the pan, reserving the pan juices, season, and rest for 5 minutes.

**4. DINNER'S READY** Plate up the golden paprika potatoes and chunky Greek-style salad. Serve alongside the browned lamb and drizzle over any reserved pan juices. Garnish it all with the toasted seed mix.