



UCCOOK

Mixed Veg Rosti & Sticky Lamb Mince

with lime-laced crème fraîche & peanuts

A crispy veggie rosti is topped with fresh greens and serves as the perfect base for savoury, sweet & sticky lamb mince. The dish is elevated with a tangy lime-laced crème fraîche & crunchy toasted peanuts. Top it all off with a sprinkle of spring onion greens for an extra pop of yum!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

200g	Potato <i>rinsed & peeled (optional)</i>
120g	Carrot <i>rinsed & peeled (optional)</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
30ml	Self-raising Flour
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
20g	Peanuts <i>roughly chopped</i>
40ml	Crème Fraîche
1	Lime <i>½ zested & cut into wedges</i>
1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Lamb Mince
20ml	Sweet Soy Sauce <i>(10ml Low Sodium Soy Sauce, 5ml Sweet Indo Soy Sauce & 5ml Sesame Oil)</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. GRATE AWAY! Grate the rinsed potato & carrot and place in a clean tea towel. Close up tightly and squeeze out as much liquid from the grated veg as possible. Discard the liquid. Place the drained potato & carrot in a bowl. Add the spring onion whites, the flour, ½ the chopped coriander, 1 egg, 1 tbsp of oil, and seasoning. Mix until combined. Form into 2 round veggie rostis, about 1cm thick.

2. ABSOLUTELY NUTTY Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ZINGY & ZESTY In a small bowl, combine the crème fraîche, the juice from 1 lime wedge, and the lime zest (to taste). Season and set aside.

4. RADICAL ROSTI Return the pan to a medium-high heat with a drizzle of oil. Once hot, add the rostis and fry until golden brown, 3-5 minutes per side. Remove from the heat and drain on some paper towel.

5. SOY STICKY Place a pan over high heat with a drizzle of oil. When hot, fry the diced onion until softened, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, drizzle in the sweet soy sauce. Season.

6. DIVINE! Plate up the crispy rosti and top with the rinsed leaves. Pile up the sticky mince and dollop over the zesty crème fraîche. Scatter over the toasted peanuts, the spring onions greens, and the remaining coriander. Serve with any remaining lime wedges. Dig in, Chef!

Nutritional Information

Per 100g

Energy	614kJ
Energy	147kcal
Protein	7.5g
Carbs	10g
of which sugars	2.7g
Fibre	1.9g
Fat	8.7g
of which saturated	3.5g
Sodium	102mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within 3
Days