

Eat Within 4 Days

Cheesy French Lamb Ciabattini

with potato fries

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	696kJ	4653kJ
Energy	166kcal	1113kcal
Protein	8.2g	55.1g
Carbs	15g	99g
of which sugars	1.7g	11.3g
Fibre	1.6g	10.5g
Fat	8.1g	54.2g
of which saturated	3.6g	24g
Sodium	163mg	1091mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into thick fries*
10ml	20ml	Beef Stock
160g	320g	Free-range De-boned Lamb Shoulder Chunks
1	1	Onion *peel & roughly slice*
1	1	Garlic Clove *peel & grate*
1	2	Ciabatta Roll/s
50g	100g	Grated Cheddar Cheese
3g	5g	Fresh Oregano *rinse, pick & roughly chop*

From Your Kitchen

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

1. POTATO CHIPS Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the 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. SOME PREP Boil the kettle. Dilute the stock with 200ml [400ml] of boiling water.

3. LIPSMACKING LAMB Place a pan over 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 potato fries, side with the loaded lamb ciabattini and the reserved gravy for dipping the ciabattini. Garnish with the oregano. Enjoy every bite of the ciabattini dipped in the gravy first, Chef!