



UCCOOK

Pistachio Gremolata & Lamb

with sherry baby onions

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	521kJ	3921kJ
Energy	125kcal	937kcal
Protein	5.5g	41.7g
Carbs	12g	92g
of which sugars	4g	30.1g
Fibre	1.9g	14.2g
Fat	6.8g	50.9g
of which saturated	2.7g	20.2g
Sodium	86mg	645mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse</i>
10g	20g	Pistachio Nuts <i>roughly chop</i>
5ml	10ml	Chicken Stock
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	2	Garlic Clove/s <i>peel & grate</i>
10g	20g	Capers <i>drain & roughly chop</i>
15ml	30ml	Lemon Juice
3	6	Baby Onions <i>peel & cut in half, keeping the stems intact</i>
30ml	60ml	Sherry
20g	40g	Spinach <i>rinse</i>
175g	350g	Free-range Lamb Leg Chop/s
5ml	10ml	Dried Oregano

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter

1. PARBOIL POTATOES Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. TOASTED 'STATCHIOS Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GREMOLATA Boil the kettle. Dilute the stock with 150ml [300ml] of boiling water and set aside. In a small bowl, combine the toasted pistachios, the parsley, ½ the garlic (to taste), ½ the capers, and the lemon juice (to taste). Season.

4. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the hot oven until crispy, 15-20 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

5. SHERRY ONIONS Return the pan to medium heat with a drizzle of oil. Fry the onions until browned, 4-5 minutes. Add the sherry, 10ml [20ml] of sweetener, and a pinch of salt. Cook until almost evaporated. Pour in the diluted stock and simmer until reduced, thickened, and the onions are soft, 8-10 minutes (turning them at the halfway mark). In the final 2-3 minutes, add a knob of butter, the remaining capers, the remaining garlic, and the spinach. Remove from the pan and season.

6. SIZZLING LAMB Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. Sear the lamb until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the oregano. Rest for 5 minutes. Cut into slices or serve whole.

7. TIME TO EAT Plate up the golden smashed potatoes, side with the sizzling lamb, and top the lamb with the pistachio gremolata. Serve alongside the soft baby onion mixture. Nice one, Chef!