



UCOOK

Pistachio Gremolata & Lamb

with sherry baby onions

In this recipe, you will be giving gremolata a go, which is a simple green Italian condiment made from parsley, garlic & lemon zest. Our UCOOK version contains toasted pistachio nuts for that extra flavour flair. This will be spooned over butter-basted, oregano-spiced lamb leg, sided with sherry-infused onions and golden, oven roasted potatoes.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

Waterford Estate | Waterford Antigo

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Baby Potatoes <i>rinse</i>
30g	Pistachio Nuts <i>roughly chop</i>
15ml	Chicken Stock
8g	Fresh Parsley <i>rinse, pick & finely chop</i>
3	Garlic Cloves <i>peel & grate</i>
30g	Capers <i>drain & roughly chop</i>
2	Lemons <i>rinse, zest & cut into wedges</i>
9	Pearled Baby Onions <i>peel & cut in half, keeping the stems intact</i>
90ml	Sherry
60g	Spinach <i>rinse</i>
480g	Free-range Deboned Lamb Leg
15ml	Dried Oregano

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
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, 15-20 minutes. Drain and set aside.

2. TOASTED 'STATCHIOS Place the chopped 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 450ml of boiling water and set aside. In a small bowl, combine the toasted pistachios, the chopped parsley, ½ the grated garlic (to taste), ½ the chopped capers, the lemon zest (to taste), and a squeeze of lemon juice. 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.

5. SHERRY ONIONS Return the pan to medium heat with a drizzle of oil. When hot, fry the halved onions until browned, 5-6 minutes. Add the sherry, 30ml 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, 10-12 minutes (turning them at the halfway mark). In the final 1-2 minutes, add a knob of butter, the remaining capers, the remaining garlic, and the rinsed 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. When hot, sear the lamb until browned, 3-5 minutes (shifting as it colours). In the final 1-2 minutes, baste with a knob of butter and the dried oregano. Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing. Lightly season the slices.

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!



Chef's Tip

Air fryer method: Place the parboiled potatoes in the airfryer tray. Press with a fork, splitting the skin, but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	401kJ
Energy	96kcal
Protein	4.7g
Carbs	12g
of which sugars	3.9g
Fibre	2.2g
Fat	4.3g
of which saturated	1.7g
Sodium	100mg

Allergens

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

Eat
Within
4 Days