



# UCOOK

## Lamb Leg Bruschetta

**with balsamic reduction & fresh tomato**

Nothing screams “super quick” and “super flavoursome” quite like bruschetta. Rubbing the toasted bread with roasted garlic helps impart a ton of flavour into your tiny toasts, before they are topped with tomatoes, onion, and juicy lamb leg for the ultimate simple dinner!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Fan Faves

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## Ingredients & Prep

1	Onion <i>peel &amp; finely slice</i>
160g	Free-range De-boned Lamb Leg
1	Garlic Clove <i>peel &amp; grate</i>
1	Sourdough Baguette <i>cut into thick rounds</i>
1	Tomato <i>rinse &amp; roughly dice</i>
15ml	Balsamic Vinegar
20g	Green Leaves <i>rinse</i>
25g	Italian-style Hard Cheese <i>peel into ribbons</i>

## From Your Kitchen

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

**1. SILKY SWEET ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**2. LIPSMACKING LAMB** Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

**3. GARLIC BAGUETTE ROUNDS** In a bowl, combine the grated garlic, a drizzle of olive oil and seasoning, and toss through the baguette rounds. Return the pan, wiped down if necessary, to medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**4. BALSAMIC TOMATOES** In a bowl, combine the diced tomato and balsamic vinegar (to taste). In a separate bowl, combine ½ the rinsed green leaves, the cheese ribbons and a drizzle of olive oil.

**5. SEASON, SERVE AND SAVOUR!** Place down the aromatic baguette slices. Top with the remaining green leaves, the caramelised onions, the juicy lamb leg, any pan juices, and the balsamic tomatoes. Serve the green salad on the side. Don't forget to finish with a sprinkle of salt and a grind of pepper!

## Nutritional Information

Per 100g

Energy	679kJ
Energy	162kcal
Protein	8.5g
Carbs	15g
of which sugars	3.1g
Fibre	1.1g
Fat	7.3g
of which saturated	3g
Sodium	179mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
4 Days