



UCOOK

Savanna's Lamb Leg & Pea Purée

with almonds, fresh mint & roasted radish

Tender & juicy lamb slices lie on top of a smooth & velvety pea purée. Sided with roasted radish & beetroot for earthiness and colour. Accompanied by a simple feta salad. Then it's all sprinkled with almonds & mint for an added burst of crunch & freshness. It's deliciously fab, Chef!

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Savanna

 Adventurous Foodie

 No paired wines

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Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
120g	Radish <i>rinsed & halved</i>
30g	Almonds
2	Garlic Cloves <i>peeled & grated</i>
150g	Peas
150ml	Fresh Cream
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
480g	Free-range De-boned Lamb Leg
15ml	NOMU Lamb Rub
60g	Green Leaves <i>rinsed</i>
75g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Butter

1. ROOTING FOR THIS ROAST Preheat the oven to 200°C. Spread out the beetroot pieces and the halved radishes on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 35-40 minutes (shifting halfway).

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

3. PERFECT PEA PURÉE Return the pan to medium heat with a knob of butter and a drizzle of oil. When hot, fry the grated garlic and the peas until fragrant, 3-4 minutes (shifting constantly). Pour in the cream and simmer until heated through, 1-2 minutes. Place the peas & cream mix in a blender with ½ the chopped mint and seasoning. Pulse until a smooth purée. (Alternatively, see Chef's Tip). Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

4. LUSCIOUS LAMB When the veg has 10 minutes remaining, 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, fry the lamb until browned, 3-5 minutes (shifting as it colours). In the final minute, baste with the NOMU rub and a knob of butter. Once browned, add to the roasting tray with the veg to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing. Lightly season.

5. SIMPLE SIDE In a salad bowl, toss together the shredded leaves, ½ the toasted almonds, the crumbled feta, a drizzle of olive oil, and seasoning.

6. ART ON A PLATE Smear the pea purée on the plate and top with the lamb slices. Serve alongside the roasted radish & beetroot and the fresh salad. Sprinkle over the remaining almonds and mint. Beautiful work, Chef!



Chef's Tip

If you don't own a blender, make a rustic pea purée. After frying the peas and garlic, simply mash the peas with a potato masher or fork, pour in the cream and mix until combined.

Nutritional Information

Per 100g

Energy	661kj
Energy	158kcal
Protein	7.4g
Carbs	5g
of which sugars	1.8g
Fibre	2.2g
Fat	11.7g
of which saturated	5.6g
Sodium	147mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within
4 Days