



UCCOOK

Lush Lamb Stew & Carrot Mash

with fresh mint & aubergine

A classic lamb stew flavoured with NOMU Indian Rub and loaded with aubergine, onion & garlic. Served with rustic carrot mash and sprinkled with fresh mint. Time to dive in!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Leopard's Leap | Cabernet Sauvignon Merlot

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
240g	Carrot <i>trimmed, peeled & cut into bite-sized chunks</i>
150g	Free-range Lamb Goulash
1	Onion <i>½ peeled & roughly diced</i>
5ml	NOMU Indian Rub
1	Garlic Clove <i>peeled & grated</i>
100ml	Tomato Passata
4g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. ROAST AUBS Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 20-25 minutes until softened, shifting halfway.

2. GET MASHING Boil the kettle. Place a pot over a medium-high heat with 3-4 cm of boiling water covering the base. Once steaming, place the carrot chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, drain the carrots and return them to the pot. Stir in a knob of butter or coconut oil (optional), a splash of milk or water, and seasoning. Mash with a fork or potato masher until the desired consistency and warmed through.

3. SOMETHING'S STEWING Pat the lamb dry with paper towel. Place a pot over a medium heat with a drizzle of oil. When hot, add the lamb and fry for 3-4 minutes until browned, shifting occasionally. Add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the rub and the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the tomato passata and 200ml of water. Leave to simmer for 8-10 minutes until slightly reduced, stirring occasionally.

4. FINISH IT OFF When the aubergine is finished roasting and the stew has finished simmering, add the aubergine to the stew and mix until fully combined. Leave to simmer for 3-4 minutes until the sauce thickens. Season with a sweetener of choice, salt, and pepper.

5. DINNER IS READY Plate up a helping of flavourful lamb stew. Sprinkle over the picked mint and serve with the carrot mash. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	320kj
Energy	76kcal
Protein	4g
Carbs	7g
of which sugars	3.4g
Fibre	2.2g
Fat	3.7g
of which saturated	1.5g
Sodium	64mg

Allergens

Allium

Cook
within
4 Days